

# ★ SKILL BUILDERS ★

A SOCIO-EMOTIONAL SKILL BUILDING GROUP FOR  
KIDS



Leader: Daria DiResta, BS

Cost: \$25.00 per person / Initial Screening Interview

Supervised by: Carol Moore MA, LPC and  
Krystal Henderson MS, LPC

K-2nd Grade



3rd - 5th Grade

Thursdays



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3:30-4:30



4:45-5:45

- Group Focus -

(Social Skills) Cooperation, Communication,

Validation, Responsibility

(Feelings) Anger, Sadness, Joy, Fear

Conflict Resolution Skills

Mindfulness

Coping Skills

Skill Builders will allow your child to learn, understand, and utilize awareness of themselves and others. Through group activities in arts, crafts, games, and more children will be able to use mindfulness, coping skills, and social skills to aid with difficult feelings and enhance the ability to work with others.

- 8 Week Commitment -  
Open Enrollment

**678-919-1077**

*Counseling Innovations*



*Behavioral Health & Wellness Center*

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