



EMOTION EXPERTS

Take Back Control of Your Emotions

A coping skills groups for tweens & teens struggling with challenging emotions. Participants will learn the science behind emotions and how to cope using emotion regulation tools. We help your teen become an expert of their own emotional experience and take back control of their feelings.

Group Details:

- 8-Week Tween & Teen Group
- Ages: 11-14 years
- Sundays 4:00-5:15 pm, Weekly
- Starts: January 25th-March 15
- An intake call with parent(s) is required prior to participation in this group
- Price: \$35/Session



Take back control of your emotions.

Your Tween/Teen will learn:

- How emotions work
- To prevent emotional escalation
- Coping skills to help you calm down quickly
- To use thoughts and actions to modify challenging emotions
- To recognize habits that help and harm your mental health



Ready to sign up?

Register online at WiseandWellPrevention.com

Have questions?

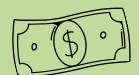
Email us at Connect@wiseandwellprevention.com

What is Emotion Regulation?

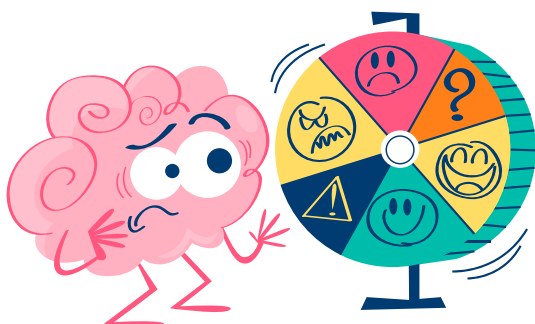
Emotion regulation involves understanding how emotions work. When we know what's happening inside of us, we can recognize an emotion that is growing and use tools to intentionally modify it or prevent that emotion from escalating beyond our control. Our emotions often direct our behavior. Learning to understand and control your feelings can give you power back in your life. Emotion regulation skills are valuable tools for all ages, but can be particularly valuable for tweens and teens who are just starting to navigate challenging feelings.

Finances Tight?

We want to help you access our resources. Email and ask about our scholarship opportunities.



Connect@WiseandWellPrevention.com



*This group is not a replacement for individual therapy. This group can be a great supplement to individual therapy.