



# BOYS SELF-REGULATION GROUP

March-May, Tuesdays from 4pm-5:30pm

This 9-week group will teach *middle school boys* skills to help boost attention and executive functioning. A pre-screening interview is necessary to join the group. Most private insurances will cover the cost (payment plans available). Call to schedule!



PTARMIGAN  
CONNECTIONS

CONTROL EMOTIONS

RESOLVE CONFLICT

PAY ATTENTION

WORK  
INDEPENDENTLY

RESIST PEER  
PRESSURE

GET ORGANIZED

USE TIME WISELY

RESIST IMPULSES

PTARMIGAN  
CONNECTIONS

3505 E Meridian Park Lp,  
Ste 200  
Wasilla, AK, 99654  
(907) 357-4400

[ptarmiganconnections.com](http://ptarmiganconnections.com)