

# BOYS SELF-REGULATION GROUP

\*\*Call for current dates and times for group



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!

- CONTROL EMOTIONS
- RESOLVE CONFLICT
- PAY ATTENTION
- WORK INDEPENDENTLY
- RESIST PEER PRESSURE
- GET ORGANIZED
- USE TIME WISELY
- RESIST IMPULSES

# GIRLS EXPRESSIVE ARTS GROUP

\*\*Call for current dates and times for group

- Express Feelings
- Improve Mood
- Resolve Conflict
- Resist Peer Pressure
- Control Emotions
- Improve Communication
- Think Flexibly
- Build Resilience

This 9-week therapy group will teach *middle school girls* skills to help boost resilience and self-regulation. 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  
 3505 E Meridian Park Loop,  
 Suite 200  
 Wasilla, AK, 99654  
 (907) 357-4400  
 ptarmiganconnections.com