

boys

SELF-REGULATION Group

**Thursday from 4:15pm-5:45pm**

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!



Girls

Expressive Arts Group

**Tuesday from 4:15pm-5:45pm**



PTARMIGAN CONNECTIONS

3505 E Meridian Park Lp,

Ste 200

Wasilla, AK, 99654

(907) 357-4400

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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!