



**Child & Youth Mental Health
Social Skills Group
Ages 9-12**



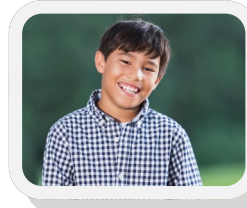
**Join this fun eight week art and
activity based social skills group**

Wednesdays 3:00 to 4:15

May 2nd to June 20th 2018

During the 8 sessions children will learn skills to

- navigate the social world
 - build friendships
 - increase self-esteem
- understand and start to manage intense emotions
 - explore self-regulation skills



Please note a mandatory Parent/Guardian only
session Wednesday April 25th from 5-6pm

Group location is Child & Youth Mental Health at #201 905 Southill Street

Please contact Melinda at 250.554.5873 to register as space is limited