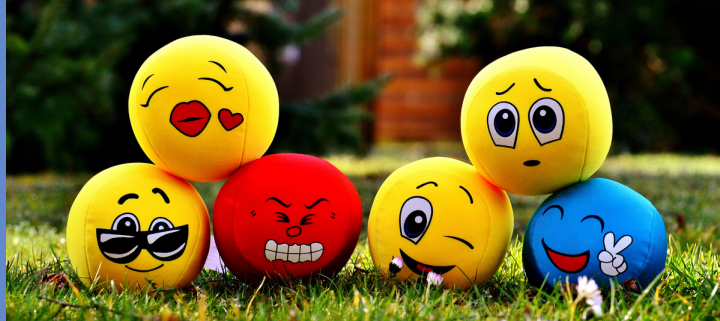


ZEN ZONES



ZEN ZONES REGULATION SKILLS FOR ADHD

GRADES
3RD-5TH

TWO GROUP TIMES*:
TUESDAYS 3:45PM
BEGINNING JUNE 13TH

THURSDAYS 2:00PM
BEGINNING JUNE 15TH

Learn to:

- Recognize body cues that indicate big emotions.
- Build a 'tool kit' for regulation including deep breathing, mindfulness and movement strategies.
- Participate in the group plan and socialize with peers

Facilitated by Jessica Amedeo, LCSW

*Note: The group time for each participant will be determined by Therapist following the group intake appointment.
There will two groups of 3-4 participants each.

for more information email
jessica@coreconnectioncc.com