



STARRY Spring Break Groups



Positive Action® teaches and reinforces the intuitive philosophy that you feel good about yourself when you do positive actions. Participants will learn social skills and regulation strategies with the goal of reducing problem behaviors while increasing self-esteem and the ability to form healthy relationships. **Group for ages 6-12.**

March 11th - 15th First United Methodist Church 10:30am - 1:00pm

COPING CAT



Coping Cat is a group designed to help participants cope with anxiety by recognizing and understanding emotional/physical actions, clarifying thoughts/feelings in anxious situations, developing plans for coping, evaluating progress, and giving self-reinforcement. **Group for ages 13-17.**

March 11th - 15th First United Methodist Church 2:00pm - 4:30pm

*****These groups are FREE but space is limited and registration is REQUIRED***
For more information and to set up an intake please call (254)434-5232**