



## Strategies for Managing Stress program

Dealing with the typical demands of childhood during a pandemic is challenging. Children are feeling stress at higher levels. Lipson Family Coaching is excited to offer a new program for children in grades 3 - 6.

During this virtual 8 session group, we will teach and practice skills and strategies for managing stress, including mindfulness.

Participants will:

- Improve their ability to identify and express emotions
- Practice tools for regulating emotions
- Gain an understanding of what they need to be their best self

Weekly session materials will be provided to families for review and reinforcement at home.

For more information, contact Melissa Lipson, Founder, at (914)649-6923.

- *Individual (1:1) sessions are also available.*
- *Family sessions available*

