



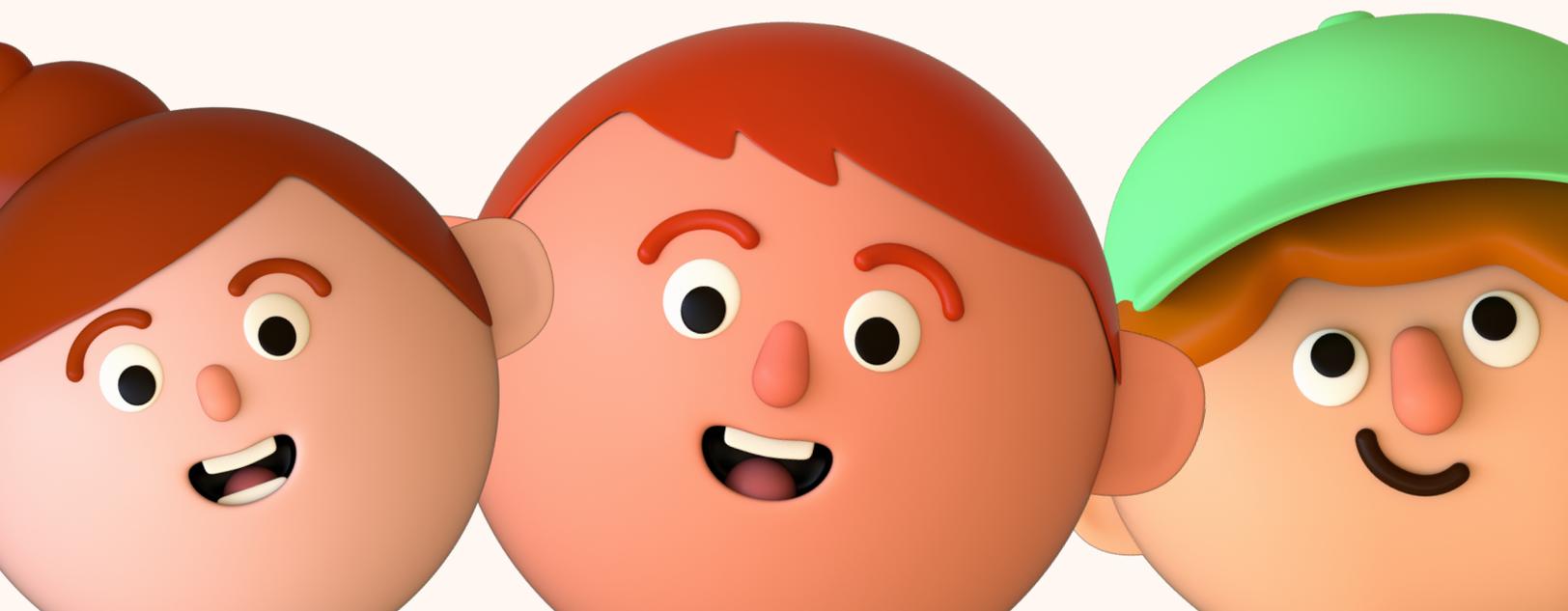
**S.T.A.R**  
GROUP

**Strategies To Achieve  
Regulation**

- Is your child struggling with big feelings?
- Do you want to build a healthier relationship?

This fun-filled, 6 week, child/caregiver group is designed to help kids learn about their emotions & what to do with them while building stronger family connections!

**Come be a S.T.A.R. with us!!!**





**S.T.A.R**  
GROUP

Register today!  
[www.healtogethercounseling.com](http://www.healtogethercounseling.com)

This group utilizes the "Little Spot of Emotions" book series to learn and explore emotions and what to do with them!

It includes hands-on activities, coping skills & activities for home!

**Ages:** 5-7

**Dates:** 3/26/22 - 4/30/22

**Day:** Saturdays

**Time:** 9:00am-10:00am

**Location:**

Heal Together Counseling  
194A Pleasant Street,  
Concord, NH 03301

**Cost:** \$40/session\*

\* \$35/session if paid in full  
on the first day.

