

Creating Relaxation

A Group for Children Ages 7-12



**Group meets
Fridays from 4-5 pm**

at Cornell Scott-Hill Health Center
Child and Family Guidance
226 Dixwell Avenue, New Haven

**For more information contact
Kara Plocher, MAAT, LPC at 203-503-3512.**



Cornell Scott
Hill Health
Center

www.cornellscott.org •   

This group will focus on decreasing children's anxiety and worry by teaching and using *relaxation skills* such as:

- ✓ Breathing styles
- ✓ Guided imagery
- ✓ Mindfulness

And by creating artwork using including:

- ✓ Media collages
- ✓ Watercolors
- ✓ Pastels