

WINTER WORKSHOPS

FOR WINTER BREAK

Winter Workshops at Bellosa Counseling are being offered over the 2 week winter break in-person at our office. Workshops are facilitated by a licensed therapist and follow a group therapy format. Each workshop is 2 hours long and has a break built in. Please send your child with a snack and water bottle. Hot chocolate will be provided.



THE IMPACT OF ADOLESCENTS/TEENS NAVIGATING SOCIAL MEDIA

THERAPIST: SAMANTHA WAGNER LPC

Description: Participants will gain self-awareness of their social media use and potential effects on their self-esteem. Social Media platforms such as TikTok, Snapchat, Instagram, BeReal are being used on a daily basis. Participants will expand their understanding of the potential risks of social media and learn how to use it in an informed, intentional, and healthy manner. Participants will learn how to set healthy boundaries with social media to boost self-esteem, social skills, and healthy coping.



SOCIAL SKILL DEVELOPMENT & PRACTICE: NAVIGATING EMOTIONS AND FRIENDSHIPS

THERAPIST: CYNTHIA VARGAS MIRELES LSW

Description: Participants will learn the understanding of the relationship between underlying vulnerability, triggers, feelings, thoughts, choices or behaviors. Participants will learn the appropriate use of expression of thoughts and feelings. Participants will be taught how to use assertive communication skills; and assertive body language.



POSITIVE SELF-ESTEEM & BUILDING SELF LOVE

THERAPIST: CYNTHIA VARGAS MIRELES LSW

Description: Participants will learn to understand contributing factors to their own low self-esteem. Participants will understand the relationship between cognitive distortions and low self-esteem. Participants will learn methods to address issues of negative self-talk and will learn to implement positive self-talk to help boost self-esteem and create healthy coping.



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www.BellosaCounseling.com
SUPR License # A-2825-0001-A

Information

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THE IMPACT OF ADOLESCENTS/TEENS NAVIGATING SOCIAL MEDIA

Week 1:

14-16 y/o Tuesday 12/26/2022 from 12 noon-2pm

11-13 y/o Wednesday 12/28/2022 from 11am- 1pm

Week 2:

14-16 y/o Tuesday 01/03/2023 from 12 noon-2pm

11-13 y/o Wednesday 01/04/2023 from 11am -1pm

SOCIAL SKILL DEVELOPMENT & PRACTICE: NAVIGATING EMOTIONS AND FRIENDSHIPS

Week 1:

8-11 y/o Tuesday 12.27.2022 from 10am-12 noon

8-11 y/o Wednesday 12.28.2022 from 10am-12 noon

8-11 y/o Thursday 12.29.2022 from 10am -12 noon

Week 2:

8-11 y/o Tuesday 01/03/2023 from 10am-12 noon

8-11 y/o Wednesday 01/04/2023 from 10am-12 noon

8-11 y/o Thursday 01/05/2023 from 10am -12 noon

POSITIVE SELF-ESTEEM & BUILDING SELF LOVE

Week 1:

12-14 y/o Tuesday 12.27.2022 from 1pm-3pm

12-14 y/o Wednesday 12.29.2022 from 1pm-3pm

12-14 y/o Thursday 12.30.2022 from 1pm-3pm

Week 2:

12-14 y/o Tuesday 01/03/2023 from 1pm-3pm

12-14 y/o Wednesday 01/04/2023 from 1pm-3pm

12-14 y/o Thursday 01/05/2023 from 1pm-3pm

Participant Name: _____

Birthdate: _____

Grade: _____

Name of School: _____

Parent Name: _____

Preferred email: _____

(patient portal link will be sent to this email):

Preferred phone number: _____

Please email completed registration form to: christine@bellosacounseling.com

Cost: \$80 per workshop/per child (credit card authorization form will be emailed through our client portal)

Registration confirmation will be emailed once payment has been made in full.