

WINTER BREAK

SOCIAL SKILLS WORKSHOPS FOR CHILDREN & ADOLESCENTS

**NAVIGATING EMOTIONS AND FRIENDSHIPS
SAFE INTERNET/SOCIAL MEDIA USE FOR TWEENS & TEENS
POSITIVE SELF-ESTEEM**

Workshops are facilitated by therapists and follow a group therapy format.

Each workshop is 2 hours long and has a break built in.

Please send your child/adolescent with a water bottle & snack for break.

WHO (SUGGESTED AGE): 9-12 YEARS OLD (4TH, 5TH & 6TH GRADES)

**WHERE:
BELLOSA COUNSELING
350 S. NORTHWEST HWY, SUITE 300
PARK RIDGE**

Drop off and pick up at our main lobby on the 3rd floor. Kids will not be allowed to leave our office suite without a parent/caretaker.

WHEN: (CAN REGISTER FOR ONE OR AS MORE DATES)

Week #1

**Tuesday 12/26 12-2pm
Wednesday 12/27 12-2pm
Thursday 12/28 11am-1pm**

Week #2

**Tuesday 1/2 12-2pm
Wednesday 1/3 12-2pm
Thursday 1/4 11am-1pm**

COST: \$50 per workshop / per child

REGISTRATION: PLEASE COMPLETE THE GOOGLE FORM

[CLICK HERE TO REGISTER](#)

QUESTIONS: Please Contact:

intake@bellosacounseling.com or 847.220.4977



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