



PEACEFUL MINDS

A group for ages 10-13 which provides individuals with tools to cope with anxious thoughts and feelings. Members will learn to identify and challenge negative thoughts, as well as to utilize calming strategies, such as mindfulness, deep breathing, and more.

Group Overview:

Week One: Get To Know You
Week Two: How Anxiety Happens
Week Three: What we Worry About
Week Four: Flipping Negative Thoughts
Week Five: Recognizing My Anxiety
Week Six: Coping With Worries
Week Seven: What Is In My Control?
Week Eight: Review

Thursday Evenings

Please contact 631-422-7620 for
questions and enrollment!

**Town of
Babylon
Residents
Only**