

Managing Middle School



Bouncing Back-Building Resilience

Mindfulness, Meditation, Cognitive Behavioral Techniques, Yoga, Problem Solving, Relaxation/Regulation Techniques, Art, Music, Movement and Fun! Suitable for tweens with stress, anxiety, depression and ADHD.

Date/Time:

Thursdays, 5-6 p.m.

November 8th, 15th, 29th

December 6th, 13th, 20th

Place:

Stress Management

5225 No. Ironwood Road

Glendale, Wisconsin

Fee: Insurance or Private Pay Options Available

Please contact Trish Modell LCSW at 414-962-9156 for more information and to register.