



Coping and Social Skills Group For Tweens

A fun, educational, interactive and activity based group

Goals:

- Gain mastery of effective coping strategies to handle social situations
- Gain skills necessary to Increase ability to make and maintain friendships
- Increase self-esteem, self-confidence, the ability to know and accept oneself, and become more assertive with others
- Gain awareness of individual strengths to help encourage and foster positive relationships and more

- Do they tend to avoid expressing feelings and state, "I'm fine", but you know they are not based on their body language?
- Do they have very few friends or struggle to fit in?
- Are they uncomfortable about their changing body?
- Do they tend to struggle with standing up for themselves and struggle to be assertive?
- Are they often observed to isolate themselves in social settings?
- Do they struggle in big crowds and tend to shut down or become defiant?
- Do they say negative statements about themselves?
- Do they tend to worry excessively?

This 6 week group is designed specifically for tweens to become all that they are meant to be through an educational and experiential evidenced based approach set on improving and gaining friendships, decision-making, developing coping resources, recognizing how to ask for support at school and home, managing stressful situations, addressing puberty, body and hormonal changes, along with body positivity, recognizing their increased emotions and how to appropriately express themselves and be heard, while increasing self-esteem and confidence.

Fun hands-on activities keep them engaged and wanting to come back each week. Snacks and drinks provided.

Tween will take home binder covering all the resources discussed during their time in group.

Group Details

Starting: TBD

Tween Group: Ages 10-12

**Cost: \$40 per group
Cash, Card, Check, HSA/FSA**

Ready to get your registered?

Follow These Steps:

- Go to our website bekindomaha.com
- Click on More Info on the Groups tab
- Click on Get Started and complete our electronic form selecting Tween group
- Our coordinator will reach out to you once your form has been received