

READY TO FEEL BETTER?

Has your teen experienced a violent event? Suffering from symptoms of stress? Emotionally shutdown? Fighting with family and friends? Feeling overwhelmed? Not feeling joy?

Teens, join us in a safe space to learn empowering techniques for trauma healing and to build resiliency.

Our **MIND-BODY SKILLS GROUP** is a place for individuals who have had trauma-related experiences to learn healthy ways to cope. Our **MIND-BODY SKILLS GROUP** is an evidence-based program that offers you practical, effective tools to expand your capacity for self-care that can decrease stress and anxiety.

The **MIND-BODY SKILLS GROUP** is a series of 8-sessions to learn techniques to navigate through life with enhanced well-being. Each 90-minute small group session of 7-10 participants includes a check-in of how you are doing personally and emotionally before introducing a new skill.

How Mind-Body Skills Help:

- Proven to reduce the clinical symptoms of stress and PTSD in adolescents
- Proven to reduce hyperactivity, aggression, depression and anxiety in adolescents
- Proven to help hopelessness and negative thoughts
- Provides adolescents with real-time tools and techniques to practice emotional self-regulation
- Proven to increase pro-social behaviors in adolescents 10 months post services

Mind Body Skills include:

- Soft belly breathing
- Shaking and dancing
- Mindfulness
- Expressive coloring
- Mindful eating
- Guided Imagery
- Emotions as guides
- Forgiveness, gratitude
- Autogenic training
- Biofeedback



Sample Weekly Small Group:

- Opening Breathwork/Guided Imagery
- Check-In
- Introduce Technique
- Experience Technique
- Share Group's Experience
- Ongoing Home Practice Suggestions
- Closing Breathwork

Groups beginning weekly for your convenience.

Get Started Here:

SocialWorx.Org/mb-interest

Group offered at no cost to participants, and funded by LCLE and SocialWorx Donors.



SCAN ME