



A Key Counseling Group Event:

The Calm Crew

A virtual anxiety group for kids.

Are you picking up on your child's symptoms of anxiety? Let us help! The Calm Crew is a virtual anxiety group for kids that will provide children with opportunities to engage in positive social interactions with their peers all while learning how to manage their worries. During group, children will learn to:

- Identify their emotions
- Express their feelings appropriately
- Recognize how their bodies react to worries
- Create positive self-talk
- Develop coping strategies
- Implement mindfulness and relaxation techniques

Group sessions will include games, discussions, and fun projects. Feel free to email us below to schedule a free consultation to ensure this group is the right fit or to inquire about individual sessions.

Dates:

Wednesday, July 15th – Wednesday, August 19th

Time: 5:00pm – 5:50pm

Ages: 7 - 11

Group sessions are \$60 per meeting.

To register or to learn more please contact:

info@keycounselingatl.com or call 678-400-9477