



## Emotional-Self Regulation Group

**Groups to start based on interest and availability**

Emotions are EVERYWHERE even INSIDE us!  
This 5-week group helps kids understand their feelings  
and know what to do with them.

This group will use concepts from the  
Zones of Regulation Curriculum.

Each week your child will learn through games, hands-on  
activities and practical exercises how to:

- Identify and process feeling in helpful ways
- Practice strategies to regulate emotions
- Develop practical tools to cope with extreme emotions

This group is for new & existing clients. Pre-registration required. Screening of  
new clients required. Meets 1X/week for 5 weeks.

Cost: \$375 for 5-week session. **Groups start based on interest & availability.**

For more information or to sign up visit [www.milestonesonthego.com](http://www.milestonesonthego.com)



