



# Little HIGHWAY HEROES

## The Program

This program provides opportunities to make connections with others, build confidence, independence and practice self-regulation. It also addresses tough stuff like teasing, silliness, and bossiness.

## Skills Targeted

- Develop confidence within a group
- Develop skills to make and maintain friendships
- Develop resilience and the ability to bounce back from challenges at home, school or in the playground
- Learn and practice skills to manage feelings and calm down
- Develop Positive Thinking

## Details

**Starting Date:** February 6th 2024

**Frequency:** Weekly for 8 sessions

**Time:** 12:15-1:15pm

**Location:** SOUTH MORANG CLINIC



Please contact our clinic to receive a service agreement with pricing information.

