



The Coping Corner: Social Butterflies

By

Minnesota Counseling and Therapy Center
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POPULATION SERVED

Children ages 5-10 who may struggle to self-soothe, make/keep friends, or to communicate. 5-7 children per group.

WHAT WILL WE WORK ON?

- Coping skills to face life's challenges (i.e. anger management, self-soothing techniques, etc.)
- Social skills for children that may have trouble making/keeping friends or feel excluded.
- Communication skills with their peers as well as adults.
- Self-esteem/empowerment as well as other identified goals for each individual.



WHAT WILL THIS COST?

Cost is \$15 per session for 6 weeks. If pre-paid, the cost is \$60 (a savings of \$25). Financial Assistance is available if needed.

HOW LONG WILL THIS LAST?

This group will meet 6 times over the course of 3 months starting Saturday, January 10th. Groups will meet at either 9-10:30am or 11-12:30pm. The children will work on skills by doing fun activities that promote positive interactions, creativity, and self-confidence.

HOW DO I REGISTER?

Please contact Minnesota Counseling and Therapy Center to register. Space is limited.
612-849-4792 admin@minnesota-therapy.com www.minnesota-therapy.com

ABOUT YOUR CHILD'S THERAPIST

Minnesota Counseling and Therapy Center is a small group private practice in Bloomington, MN. Our therapists work with children, adolescents, adults, couples, and families. This group will be lead by Melissa Tyler, an intern in the Marriage and Family Therapy program at Argosy University, under the supervision of Erin Leach, MA, LMFT, RPT-S. In her internship, Melissa utilizes Family Therapy and Play Therapy Techniques.