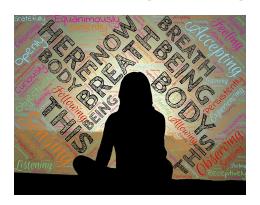
## Learn stress reduction techniques to help ease anxiety.



## **Selective Mutism Group**

Designed for children with Selective Mutism to help build an anxiety-reduction toolkit in a safe and encouraging atmosphere

During our **Selective Mutism Group** your child will learn and practice anxiety reduction strategies including:

- breathing and mindful movements
- ways to develop self-awareness to assist in managing anxiety
  - guided and systematic relaxation

Parents will be provided with resources to continue reinforcement of skills at home.

## **Now enrolling for Summer 2017**

The group will meet for 6 one-hour sessions Wednesdays 4-5PM July 19 thru August 23.

Please contact us for pricing and scheduling information.

Call or email for more information and to register:

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