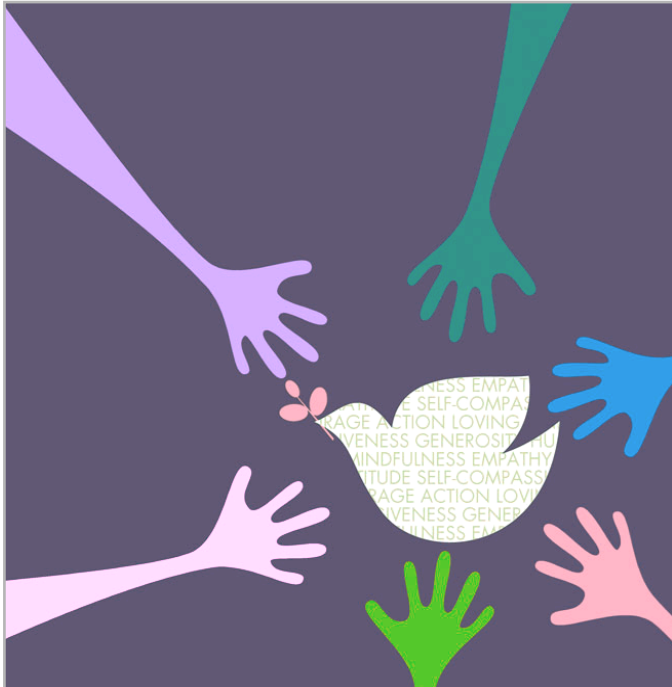


CASA HEALTH & WELLNESS PRESENTS:



3RD GRADE TOOLS FOR HEALTHY FRIENDSHIP

TUESDAYS, 4-5 PM
Oct 17 – Dec 12, 2017

As part of our ongoing *Kindness is Cool: Bullying Prevention* program, CASA is offering a 3rd grade wellness group designed to promote positivity in relationships. The aim of this group is to strengthen participants' capacities to build healthy, supportive, and compassionate relationships (with the people in our daily lives, the world at large, *and ourselves*) through peer-to-peer discussions, experiential exercises and activities, and learning concrete tools and strategies for conflict resolution. Meetings include activities such as: written or artistic reflections on TEDtalks, books, and other media; collaboratively developed creative service projects; psychoeducation; circle sharing of perspectives on relevant personal, community, or societal dilemmas ... Just to name a few! These projects will be undertaken within a small group context, offering a space for 3rd grade students that is uniquely challenging and restorative.

To Register:

www.CardasisCounseling.org/student-wellness-groups
(Enrollment limited to 7 students)