



Cultivating Calm:

A Soothing Space for Reducing Stress in 1st Grade

Wednesdays at 3 pm

6-week session begins January 21st

First grade is full of challenges--and this year in particular seems to be chock full of them, with lots of energy, activity, and requirements surrounding this group of kids all through the week. Because of this, CASA is offering a wellness group just for first graders who might benefit from a break in the hustle and bustle of the school day. This experiential group will be held during the middle of the week in a calming and relaxing space, encouraging students to unwind and release any mounting stress. Participants will explore the experiences of stress and relaxation through conversation, artwork, guided meditation/visualization, stretching, psychoeducation, and other mediums. By the close of the group in eight weeks' time participants will have an increased ability to find inner peace and relaxation--no matter what stressors may be in the environment around them. Please contact Lily no later than Wednesday 1/14 to sign up at cardasiscounseling@gmail.com, or call CASA at 415.643.2272. Enrollment is limited to seven participants, and is offered on a first come first served basis.

*Please note that this group is intended to provide a soothing and calm environment for all; therefore, enrollment is conditional on each student's desire and ability to uphold such an atmosphere. If a child shows high energy and is disruptive for other group participants on multiple occasions we will suggest individual sessions with Lily as an alternative option.



Kindness is Cool Crew Session 3:

4th & 5th Graders Taking a Stand!

Wednesdays at 4 pm

6-week session begins January 21st

CASA is offering a special bully prevention group specifically designed just for 4th and 5th graders. This group is a more advanced version of our prior Kindness is Cool groups, utilizing multiple creative modalities to examine the phenomenon of the bullying cycle and ways to promote closeness and caring in relationships with others. Meetings will center around the use of videos and facilitated peer discussion with the goal of developing awareness, agency, and activism, all tools that will help participants stand up and put an end to the bullying cycle. Other activities will include visual art projects, journaling, peer-to-peer advice, and the creation of creative anti-bullying materials and resources that will become part of Rooftop's new Wellness Center (opening at the end of February!). This is an exciting opportunity for these upper-elementary students to make a contribution that will remain in Rooftop as an anti-bullying resource for younger students for years to come. Registration is limited to seven students. Contact Lily by Wednesday 1/14 to sign up at cardasiscounseling@gmail.com, or call CASA at 415.643.2272.



GET UP STAND UP:

Cultivating the Power of the Inner Voice

2nd-3rd grades

Tuesdays at 4 pm

6-week session begins January 21st

An individual's personal narrative, his or her self-talk, serves as a critical basis for psychological and emotional wellness. One's inner voice is the voice of social problem solving, helping to strengthen our relationships with those around us. It is a supporter, criticizer, or worrier when its role is to interpret something that has happened in the past or plan for the future. Since we are all destined to have this internal companion whispering in our ears our entire lives, the importance of helping children develop a healthy inner voice cannot be disputed. This group provides an introduction to the concept of the inner guide for second and third graders, working to strengthen participants' awareness of their own unique voices, and therefore their ability to think and act for their true selves. Perfect for kids who frequently defer to peer pressure, struggle with bullying situations (as the target or the perpetrator of hurtful actions), are inhibited by anxiety, have challenges with impulse control, or have difficulty making decisions and standing up for themselves, this group will provide a broad foundation of skills sure to be beneficial to all. Visualization and meditation, artistic activities, games, sandplay explorations, cognitive-behavioral exercises, and books and stories will create an inviting and fun atmosphere in which to explore and empower each child's unique inner diver. Registration limited to six students. Contact Lily to sign up by Wednesday 1/14 at cardasiscounseling@gmail.com, or call CASA at 415.643.2272.