**CASA Health & Wellness Presents:**

**Kids for Compassion!**

**A Kindness is Cool Bully Prevention Group for Grades 1-2**

Tuesdays 4-5 PM

Sept 29 – Dec 1, 2015

***Register by Weds Sept 23***

CASA is delighted to announce that we will be offering a

special bully prevention group this fall, designed specifically

for our first and second grade students! As part of our newly expanded Kindness is Cool Bully Prevention programming, this wellness group will utilize multiple creative modalities to deepen participants’ sense of compassion, promoting closeness and caring in relationships with others. Through the use of tools such as

guided art exercises, collaborative sandtray creation, community service projects, critical analysis of video clips, journal reflections, and much more, participants will deepen their emotional and intellectual sense of community and care for others.

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Registration for the group is limited to seven students, and CASA’s wellness groups fill up quickly—so don’t wait to sign up! To enroll your child in this group, simply send an email to cardasiscounseling@gmail.com, or sign up at http://www.cardasiscounseling.org/student-wellness-groups.