**casa health & wellness presents:**

 the 3rd/4th grade

**Unity Circle**

*an experiential journey*

*to build positivity and empathy in relationships*

Thursdays, 4-5 pm

Feb 18 – March 24, 2016

***Register by Thurs, Feb 18th***

As part of our ongoing *Kindness is Cool: Bullying Prevention* program, CASA is offering a 3rd/4th 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 experiential exercises on empathy and gratitude. Meetings include activities such as: guided imagery & visualization; written or artistic reflections on brief excerpts from TEDtalks and other media; collaboratively developed creative service projects; group sandtray projects; circle sharing of perspectives on relevant personal, community, or world dilemmas … Just to name a few! These projects will be undertaken within a small group context, offering a space for 3rd and 4th grade students that is uniquely challenging and restorative.

**To Register:**

**www.CardasisCounseling.org/student-wellness-groups**

(Enrollment limited to 7 students)

LILY CARDASIS, MFT REGISTERED INTERN, IMF #79631. SUPERVISED BY ANTHONY GUARNIERI, MFCC #16878