

Meltdowns to Shutdowns: *Holiday Edition!*



Emotional Regulation and Stress Management Group

Wednesdays from 5:30-6:30 pm

Meeting dates: October 25, November 1, 8, 15, 2017.

Parent orientation: Tuesday, October 24, 5:30-6:30 pm.



Open to students, ages 9 to 11 years old.

Lead Instructor: Jen DiVittorio, MFTI

Many children struggle to cope with the stress created by extra expectations and demands put on them around the holidays. Children with low thresholds for frustration, tendencies toward negativism, or difficulties tolerating losing or not getting their way, demonstrate this stress with an extreme emotional reaction (meltdown) or a closed emotional reaction (shutdown). This class will help children to learn to recognize their feelings *before* becoming overwhelmed by them. The mini-session is specifically designed to address emotional regulation skills around triggers that happen during the end-of-the-year holidays (i.e. overstimulation, social stresses, having to eat food we do not like, dealing with crowds or people visiting, too many commitments). In addition, this group will:

- Discuss how kids can cognitively manage their emotions by realizing when they may be vulnerable to a stressful situation,
- Teach relaxation techniques, improving the children's ability to calm themselves, so they can make better choices about how to react in different settings,
- Practice communicating about feelings, in a way that increases the chance of others hearing them,
- Recommend problem solving skills for the students to use in group situations.

Parents will have individualized support specific to their child and receive help in understanding and generalizing new concepts. Class size is limited to provide participants with personal attention.

Classes are held at the Center for Developing Minds and will be supervised by Cassandra Harms, LMFT, and facilitated by marriage and family therapist interns (MFT-Is). Course fee is \$400.00 for the four class sessions and the parent orientation.



To register for these programs, please contact the Center for Developing Minds
408.358.1853 www.devmonds.com

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