

Meltdowns to Shutdowns

Emotional Regulation and Stress Management Group

NEW Summer Mini-Session!

Monday and Wednesday (child only) and
Tuesday and Thursday (parent and child): 5:00-6:30 pm.

Session I: July 22-25, 2024.

Session II: August 5-8, 2024.

Open to students, ages 8 to 12 years-old.



Summer break can be filled with lots of fun activities, but that doesn't necessarily stop tempers from flaring. If you are looking for a week-long class that will help you and your child gain insight, build skills, and practice coping mechanisms, we invite you to our summertime crash course of Meltdowns to Shutdowns! Many children struggle to cope with the stressors in their lives. 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. 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.

A collaborative approach to the group will provide parents with a better understanding of how the concepts relate to the entire family and gives them an opportunity to participate in parent trainings with individualized support.

Class sessions will be held at the Center for Developing Minds. The student group will be led by educational specialist, Caitlyn McGinley. The parent sessions will be moderated by child and adolescent therapist, Cassandra Harms. Course fee is \$600.00 for the four class meetings, including both the child and parent sessions. Class size is limited to provide participants with personal attention.

To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devmonds.com

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