

PEACEFUL MINDS

A group for ages 10-13 which provides individuals with tools to cope with anxious thoughts and feelings. Members will learn to identify and challenge negative thoughts, as well as to utilize calming strategies, such as mindfulness, deep breathing, and more.

Group Overview:

- Week One: Get To Know You
- Week Two: How Anxiety Happens
- Week Three: What we Worry About
- Week Four: Flipping Negative Thoughts
- Week Five: Recognizing My Anxiety
- Week Six: Coping With Worries
- Week Seven: What Is In My Control?
- Week Eight: Review

Thursday Evenings

Please contact 631-422-7620 for
questions and enrollment!

**Town of
Babylon
Residents
Only**