

# TOWN OF BABYLON YOUTH INSTITUTE

**Ages 5 - 12**

## Chill Skills 1

Chill Skills 1 is a group that promotes positive social interaction amongst children. Group members will work on important life skill areas including making friends, healthy boundaries, coping with negative emotions, and much more.

## Chill Skills 2

Chill Skills 2 is a group that provides a supportive space where young minds learn to navigate emotions together. Group members will learn ways to challenge and cope with impulsive behaviors as well as prevent conflicts from escalating. Members will learn calming strategies, mindfulness techniques, and other tools for managing their feelings.

## Chill Skills 3

Chill Skills 3 is a group that blends skill-building activities and heartfelt discussions where children learn to identify, express, and regulate their emotions. Through engaging activities noted in Chill Skills 2, children will develop essential skills to understand and manage their feelings, fostering emotional well-being.

### Thursday Evenings

\*Group members will be assigned based on age\*

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

**Town of  
Babylon  
Residents  
Only**