



WHOLEHEARTED HEALING COLLECTIVE

RIDING THE WAVE

Emotion Regulation Group for Children ages 8-12

SEPTEMBER 7 • TUESDAYS • 5PM-6:15PM
1049 BROADWAY SUITE 2, WEST LONG BRANCH

In this therapeutic 8-week group, your child will learn various skills and strategies to help them explore all of the "big emotions" they may be struggling to identify. This group will provide your child the safe space and opportunity to explore all of the ups and downs felt during everyday life experiences and the skills to practice taking control of those emotions, while connecting with others who struggle in similar ways. This group will also consist of parent sessions that will provide psychoeducation and support in beginning to accept your child's emotions.

CALL (732)852-7373



We are in-network with most major insurances. To register for this group, contact us by XDATE (one week before start) to schedule an intake appointment. Intake must be completed before starting the group.