



KID CALM!

A Toolkit for a
CALMER BRAIN & BODY

Kid Calm is a four-week group for children ages 7-10. Group members will learn about their big feelings and will create tangible tools in session that may help them achieve a more regulated state. Parents will receive tips and skills each week for helping their children at home. By the end of the four weeks, kids will have a full “calm kit” to take home.

Sentier
psychotherapy

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