



SHORELINE  
PSYCHOLOGICAL

ACCEPTING REFERRALS

# COPING SKILLS GROUP

## *for Middle School*

**A coping skills group to help teens build strategies for managing emotions and behaviors.**

**Participants will learn how to:**

- Identify and understand thinking patterns and emotions.
- Develop skills to manage strong emotions.
- Create personalized coping skills tool kits.
- Understand how to increase positive feelings and reduce negative feelings.
- Introduce the practice of mindfulness.



**Register today or reach out with questions by calling 203-779-5490 or emailing [contactus@shorelinepsychological.com](mailto:contactus@shorelinepsychological.com).**