

Empower Your Child!

7 Week Course to Teach Self-Empowerment Skills

with Sharon Selby B.Ed M.A. RCC www.SharonSelby.com

Sharon Selby, a Registered Clinical Counsellor, with twenty one years counselling experience, will teach your child the essential skills and knowledge necessary toward feeling empowered.



How? In a fun, small, psycho-educational, interactive group setting with similar-aged children. Healthy snack and take-home booklet included.

Topics:

- **Assertiveness Skills** – Learning to use “I” statements and communicate assertively without being bossy or aggressive
- **Boundaries** - Understanding the importance of setting your own boundaries and not crossing the boundaries of others
- **Bully Proofing/Friendship “Drama”** – Understanding social dynamics
- **Choosing Optimism vs. Pessimism** – Looking for the “silver lining” and the bright side
- **Self-Regulation** - Recognizing how one’s body escalates and creating strategies for what to do at each stage
- **Gratitude** – Receiving and giving compliments + the “feel good effects” of performing acts of kindness
- **Perspective Taking and Problem Solving** – We can’t take all problems personally and we can brainstorm solutions

Spring Groups 2019

Ages 7-9 yrs. Thursdays (Mar 7, 14, Apr 4, 11, 18, 25 and May 2)

Time: 3:30-4:30pm*

No group Mar 21 & 28 due to spring break

Ages 10-12 yrs. Thursdays (Mar 7, 14, Apr 4, 11, 18, 25 and May 2)

Time: 4:45-5:45pm*

No group Mar 21 & 28 due to spring break

* Children meet with Sharon for 45 mins. and parents meet for the last 15 mins. to hear a summary of the session and suggestions for transferring skills to home

To register, please call ABLE Clinic (West Van) at 604-922-3450

Price: \$469.00 + GST for seven hours

Location: The ABLE Clinic #110 – 585 16th Street, West Vancouver

