This group is for those who have difficulty in stopping themselves from engaging in certain verbal or non-verbal behaviors. In this group, we will learn and practice different skills to improve impulse control. As a group, learning and practicing will be through discussions, worksheets, games, art and other activities provided by staff.

Skills Covered:
- Coping Skills
- Stop and Think
- Big Deal—Little Deal
- Interrupting Appropriately
- Having a Calm Body

Kids ages 7-11
Starting Monday, May 1st, 2023. The groups will run for 12 weeks on Mondays, from 3-4pm or 4:15-5:15pm
New Hope Mental Health Clinic
5555 Boone Ave N.
New Hope, MN 55428

More info and to register:
651.774.0011
www.peopleincorporated.org