



Bluejack Kids

center for social & emotional learning



**NOW
OFFERING
MINI
WORKSHOPS**

**Ages
7-11**

Bluejack Kids offers group-based social and emotional learning programs which give children the tools they need to thrive emotionally and socially.

Research has shown that children who participate in social and emotional learning programs have better attitudes, behaviors, and academic outcomes.

First Saturday of every month

**2:00 - 3:30 Worry, Worry Go Away
3:30 - 5:00 Flip the Switch**

Cost: \$119/per workshop



**17200 Ventura Blvd #208
Encino, CA 91316**

Based on popular demand, in addition to our 8-week programs, Bluejack Kids is now offering the following mini-workshops:

Worry, Worry Go Away

This 1.5 hour workshop will give your child the tools they need to combat worries. The interactive session will help your child identify and label worries, learn coping strategies to manage worries and empower them to take control of their worries.

Flip the Switch

This 1.5 hour workshop will teach your child how to manage frustration and anger. The interactive workshop will help your child identify triggers and thought patterns and learn productive ways to manage feelings of frustration and anger.

Future workshop topics include assertive communication, managing emotions, and much more.

To register, please email bluejackkids@gmail.com or call **1.877.809.0824**.
www.bluejackkids.com

Spaces are limited!