

Let's Talk About It!

A group focusing on interpersonal effectiveness, social skills, and emotional expression for children in grades 3-5.



This group will focus on dyadic (1 on 1) and group roleplay to help better understand big feelings in small bodies. Group members will be encouraged to come to speak about their day, their worries, their feelings to other children to foster better understanding of self and others' emotions. Learning how to speak about our feelings has shown to provide and foster empathy, improved affect and mood, and better day to day expression. Modalities to be utilized will be child-focused cognitive behavioral interventions and supportive interventions. The group will run weekly on Monday evenings at 10 Elm St. in Cornwall, NY.

For more information contact Dylan Wiand at
Dylan@bodhitreemhc.com or
call Bodhi Tree Mental Health Counseling
at 845-535-1270.