

JOIN US!

This children's group will focus on teaching a variety of mindfulness and acceptance skills primarily through the use of the AIM curriculum.

AIM is an evidence-based, social-emotional curriculum for children, encompassing acceptance, mindfulness, and behavior analysis.

Through these 3 areas, your child will learn skills to help tolerate unpleasant feelings, become aware of a variety of body sensations, and learn new coping skills.



INSPIRING HOPE COUNSELING

FIND US AT

Tel: 419-633-3333
113 South Beech Street
Bryan, OH 43506

Email:
info@inspiringhopecounseling.org

www.inspiringhopecounseling.org

KID'S MINDFULNESS PROGRAM

LET'S BREATHE TOGETHER





WHAT ARE THE BENEFITS?

Benefits of Acceptance:

- Teaches children that it is okay to experience unpleasant feelings without trying to avoid them.

Benefits of Mindfulness:

- Helps your child notice sensations in the body associated with feelings
- Helps reduce stress and anxiety while increasing cognitive functioning

Benefits of Applied Behavior Analysis:

- Focused on WHY behavior is occurring by paying attention to what is happening before, during, and after the target behavior.
- Helps teach appropriate replacement behavior, such as positive coping and self-regulation skills.

"WHAT YOU DO
TODAY CAN
IMPROVE YOUR
TOMORROWS"
-RALPH MARSTON



PROGRAM INFORMATION

WHEN

This is a 6-week program that meets once weekly for 1 hour.

WHERE

Come meet with us in our NEW kid's space!
The perfect size for growing kids and conveniently located next door to our main office.

WHAT

Each week your child will learn these skills through group discussion and hands-on activities in a kid-friendly atmosphere!

RELAX
REPLENISH
REVIVE

