



R.A.F.T. Group for Boys and Girls 11-13 years old

Regulation, Attention, and Feelings Therapy Group

- ❖ Class Topics include:
 - Identifying feelings
 - Appropriate expression of feelings
 - Self regulation skills
 - Learning Coping skills
 - Mindful breathing and relaxation
 - Embracing positivity

Sessions with Dr. Getzoff from the Department of Pediatric Psychology/ Neuropsychology:

- Rolling admission
- Mondays from 3:00-4:00 pm
- Remote over Zoom

❖ Space is limited reserve your spot today!

❖ For more information contact
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Hope to see you there!