



Children's Social & Emotional Skills Group

**Group Held In-Person in Pasadena
Tuesdays, 4:00 - 4:50pm
September 12 - November 28, 2023
Cost: \$60 per Session**

Childhood friendships are a key building block for healthy relationships later in life. Peer relationships are the training grounds for children to hone their skills, increase independence, and develop the capacity for healthy adult relationships later in life. The **Children's Social & Emotional Skills Group** (for children 7-11 years old) is designed to help your child increase their social competence and self-esteem, develop skills that support coping and emotional regulation, and improve their ability to communicate effectively with their peers.

To sign up your child for the Social & Emotional Skills Group, please call (626) 765-9944 today or visit www.anchorpsychotherapy.com!

"I strongly believe that 'play is the natural language of children'. Through the safety of group relationships, participants will learn and practice critical skills, become better equipped to cope with life's stressors, and make friendships that support positive growth."

Chloé Cavelier d'Esclavelles, Associate Marriage & Family Therapist #137997, has extensive experience working with children, with a clinical focus in child-centered play therapy. Chloé also integrates trauma-informed, body-based healing in her therapeutic work with clients of all ages. Chloé is currently supervised by Bren M. Chasse, LMFT #94662.

