

# Coping Skills Class

## For Kids!

Group coping skills classes at Balance & Potential Inc



## Mindfulness & Understanding and Changing your Feelings

This *Coping Skills Class* teaches kids:

1. to be **Mindful** and aware of their thoughts and feelings and what is going on around them and
2. how to **Understand and Change their Feelings** by becoming aware of the feelings and emotions they are having, and how to change a feeling in any given moment to another feeling that works better for them. Age-appropriate, interactive videos, games, and activities are used to capture kids' interest and to help in the learning process.

We use a **modification** of a scientifically-proven therapy - **Dialectical Behavior Therapy, also known as "DBT"** - adapted to be fun and engaging and helpful for kids. Parents and supportive adults also receive the lesson plans and are encouraged to take our *Family & Friends DBT Class* - to understand and model these techniques for their kids. The class leader also keeps in contact with the individual therapists, with your consent, so they know which skills their kids have been taught and can use them in therapy.

All children participating in classes need to have an individual therapist, either at Balance & Potential or offsite. In either case, the parent/guardian should schedule an initial intake appointment with a Balance & Potential Inc therapist, during which you can learn more about how this coping skills class works, in order to register your child for this class.

Contact us today for more information: (678) 644-0039



[info@BalanceAndPotential.com](mailto:info@BalanceAndPotential.com)  
<https://BalanceAndPotential.com>  
5755 North Point Parkway,  
Suite 240  
Alpharetta, GA 30022



[BalanceAndPotential.com](https://BalanceAndPotential.com)