



**Some kids have trouble regulating themselves...
and they suffer for it.**

Social Group for ages 3rd – 6th Grade

DATES: April 25 thru June 06, 2019 (NO MEETING May 23)

TIMES: 4:30pm – 5:30pm

WHERE: 266 Main Street, Suite 33A Medfield MA 02052

WHO: Jacqueline Vorpahl, Ph.D.

COST: \$300 per participant

Can your child resist distractions? Inhibit impulses? Bounce back from difficult emotions? Delay gratification and plan ahead?

Self-control has been defined in many ways - as conscientiousness, self-discipline, or willpower. However, you define it, self-control is about ***being able to regulate yourself.***

- Goals:**
- (1) Positive Peer Interaction**
 - (2) Self-Control & Emotion Regulation**
 - (3) Skills to Practice at Home**

WHY IT MATTERS

Extensive research has shown that young children with poor self-regulation skills tend to make less academic progress. Throughout the school years, they are more likely to experience anxiety, depression, and aggressive behavior problems.

Space is STRICTLY LIMITED to 6 – 8 participants. For more info contact Jackie Vorpahl at 508.242.9666 ext. 1 or drvorpahl@yahoo.com

**Click / tap here to
register NOW**

IMPORTANT DISCLOSURE: These seminars are NOT THERAPY and therefore are **NOT ELIGIBLE** for insurance reimbursement. They are educational and skill building in nature.