



Kids Summer Skills Program

Individual Sessions

Youth Ages 10 to 21

Book by Appointment

THERAPEUTIC SERVICES INCLUDE:

- **Managing Anxiety**
- **Coping with Depression**
- **Building Social Skills**
- **Emotional Regulation**

\$30.00/session

\$100.00/4 sessions

Athabasca, Alberta

This program will assist kids & young adults to use strategies to cope, build routines, regulate emotions, develop social skills & build confidence!

Register with Taking Care Counselling Ltd.

780-213-0917  takingcare@mcsnet.ca

website: www.takingcarecounselling.ca



WHY A KID'S SUMMER SKILLS INTERVENTION PROGRAM?

CHANGING ROUTINES AND UNSTRUCTURED TIME DECREASES COPING SKILLS

SUMMER VACATION PLANS, AND UNPLANNED VISITORS INCREASE ANXIETY AND DEPRESSION AND DECREASES EMOTIONAL REGULATION