

“BOUNCE BACK”

WHAT

Evidence-based group treatment happening at Manchester elementary schools for students who have experienced upsetting or hurtful events

AVAILABLE NOW AT WILSON SCHOOL

COMING SOON TO:

**Bakersville
Beech
Northwest
Parker Varney
Wilson**

FOR AGES 5-11

**10 GROUP
SESSIONS**

**2-3
INDIVIDUAL
SESSIONS**

**SKILLS
LEARNED
AND
PRACTICED**

- Feelings identification
- Relaxation
- Courage thoughts
- Problem solving
- Conflict resolution
- Build positive activities and social support

**WHO TO
CONTACT?**

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