



# BOUNCE BACK

*For ages 5-11*

## IN-SCHOOL GROUP TREATMENT FOR STUDENTS WHO HAVE EXPERIENCED HURTFUL OR UPSETTING EVENTS



### *Skills Learned & Practiced*

- Feelings Identification
- Relaxation
- Courage thoughts
- Problem solving
- Conflict resolution
- Build positive activities
- Social support



### *Support*

- 10 Group sessions
- 2-3 Individual sessions



Greater Manchester



The Mental Health Center  
of Greater Manchester

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