



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
- 2-4 Individual/caregiver sessions



The Mental Health Center
of Greater Manchester

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