

## THERAPEUTIC GROUP FOR CHILDREN, 8-12 YEARS OLD

## SELF-ESTEEM AND SOCIAL SKILLS



# DEVELOPMENT OF

In our therapeutic group, we provide the necessary tools to develop social skills and make friends while learning and having fun, preparing them for an exciting future full of opportunities.



### EMOTIONAL SUPPORT IN A SAFE AND ENJOYABLE ENVIRONMENT.

With the support of our child and adolescent psychologist and alongside other children, we provide a safe and enjoyable environment where children can explore their emotions, feel understood, and gain self-confidence.

### STRENGTHENING SELF-ESTEEM AND CONFIDENCE

We provide a supportive and empowering environment where children discover and cultivate their personal worth through activities designed to promote self-awareness and recognition of their abilities, thereby fostering a positive self-image and belief in their ability to achieve their goals.

### WE HELP YOU TO HELP YOUR CHILD.

We offer you resources and techniques so you can support the development of your child's selfesteem and social skills, thereby complementing the work done in the therapeutic group.



# PROMOTION OF

We provide an environment where your child can connect with other similar children, thus promoting the building of meaningful social relationships and the opportunity to make friends.

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MARÍA SANCHO CENTRO DE PSICOLOGÍA

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### MARÍA SANCHO CENTRO DE PSICOLOGIA WHAT WILL WE WORK ON IN THE GROUP?



Date: 4th of April 2024

Discover your inner value. Learn to cultivate a positive self-image and strengthen your self-confidence.

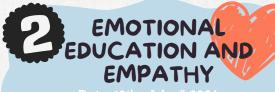
### COMMUNICATION TECHNIQUES I

Date: 2nd of May 2024

Learn how to start, continue, and end conversations in a fun and simple way. Discover how to give compliments and express gratitude.

#### CONFLICT RESOLUTION I

Date: 30th of May 2024 What are conflicts? Learn about the importance of communication and active listening to solve problems together.



Learn to identify and manage your emotions, while also showing empathy towards the feelings of others.

### COMMUNICATION TECHNIQUES II

Learn to express yourself clearly and confidently while mastering the skill of giving and receiving constructive criticism and saying no assertively.



#### CONFLICT RESOLUTION II Date: 13th of June 2024

"nalyzing conflicts and learning strategies to resolve them in a positive and constructive manner.

CELEBRATING OUR SUCCESS!

Date: 27th of June 2024 Strengthen self-esteem and acknowledge your achievements. \*Delivery of diplomas and personalized

report.

FACILITATED BY OUR CHILD AND

ADOLESCENT PSYCHOLOGIST.

YOU CAN ATTEND INDIVIDUAL SESSIONS OR THE ENTIRE GROUP.

\*IT IS RECOMMENDED TO PARTICIPATE IN THE ENTIRE GROUP TO OBTAIN THE MAXIMUM BENEFIT. BI-WEEKLY THURSDAYS GROUPS: - 4:00 PM TO 5:30 PM - 4:30 PM TO 6:00 PM - 6:00 PM TO 7:30 PM

INDIVIDUAL SESSIONS: €80 EACH COMPLETE GROUP: €490 (€70 PER SESSION)

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