



MARÍA
SANCHO
CENTRO DE PSICOLOGÍA

THERAPEUTIC GROUP FOR CHILDREN.

8-12
YEARS OLD

SELF-ESTEEM AND SOCIAL SKILLS

DEVELOPMENT OF SOCIAL SKILLS

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 self-esteem and social skills, thereby complementing the work done in the therapeutic group.



PROMOTION OF FRIENDSHIP

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.



WHAT WILL WE WORK ON IN THE GROUP?

1

SELF-ESTEEM

Date: 4th of April 2024

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

2

EMOTIONAL EDUCATION AND EMPATHY

Date: 18th of April 2024

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

3

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.

4

COMMUNICATION TECHNIQUES II

Date: 16th of Mayo 2024

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

5

CONFLICT RESOLUTION I

Date: 30th of May 2024

What are conflicts? Learn about the importance of communication and active listening to solve problems together.

6

CONFLICT RESOLUTION II

Date: 13th of June 2024

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

7

CELEBRATING OUR SUCCESS!

Date: 27th of June 2024

Strengthen self-esteem and acknowledge your achievements.

*Delivery of diplomas and personalized report.

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

FACILITATED BY OUR CHILD AND
ADOLESCENT PSYCHOLOGIST.

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