



IOWA

Scanlan Center for School Mental Health

NAVIGATING BIG EMOTIONS, HARD CHANGES, AND NEW EXPERIENCES

a skills group for teens who have experienced foster care

In an 8-week online skill-building program, teens will **develop** skills in emotion regulation, identity exploration, mindfulness, navigating change, healthy choices, and coping in a confidential, non-judgmental space. Teens must be referred by a school mental health professional.



Open to 7-12th grade students (ages 13-18) in Iowa who are currently or have previously been involved in foster care



The group will meet online 1x per week for 60 minutes over the course of 8 weeks.



Interested in participating? New openings will be posted on: bit.ly/SCSMHgroupcounseling

skill development

- Mindfulness
- Navigating change
- Emotion regulation
- Healthy choices

➔ bit.ly/SCSMHgroupcounseling

