

# **For Families Managing Stress and Wellness**

Sweet Dreams, Peaceful Life

## **RELAXATION AND STRESS REDUCTION CLASS FOR CHILDREN**

This four week hands-on, experiential class will be limited to six children and is designed for any child aged 5-10 dealing with anxiety, stress, anger, depression, sleep problems, frequent stomachaches or headaches, panic disorders, ADHD, nightmares, hyperactivity, emotional regulation problems, autism, asperger's disorder, OCD, low self-esteem and wellness.

The lessons integrate stories, songs, movement, artwork and visual aids, making it easy for any child to decrease stress and anxiety while increasing self-esteem and self-awareness.

Each week participants will focus on a different technique to promote relaxation and stress management, including diaphragmatic breathing, positive self-talk, visualization, and muscular relaxation.

Gaining these types of skills will allow your child to manage stress and anxiety throughout his or her lifetime along with obtaining simple and practical ways of coping with negative feelings and building self-esteem.

**Fee:**

The cost for the four week session is \$230.00.

This fee includes the classes, supplies the child will use at home, and weekly hand-outs.

**Location:**

211 Robert Parker Coffin Road

Long Grove, Illinois 60047

**Call:**

Dr. Chris Decker for more information or registration: 847-347-9521.

*Dr. Decker is a licensed clinical psychologist specialized in working with children with neurobehavioral disorders and their families.*