

At Augustine Counseling we understand that being a kid isn't always easy. We designed this program to give kids a safe space to talk about emotions and experiences to provide strategies that will carry them through life.

## Contact Us

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**Augustine**  
COUNSELING, LLC.

**It's never too  
early to prepare for  
COLLEGE**

**Children's  
Opportunity for  
Life  
Lessons in  
Emotional  
Growth  
Education**



## Children who would benefit from COLLEGE program:

- ★ Structured groups for children ages 8 to 12
- ★ Trouble communicating
- ★ Experience bullying
- ★ Struggle to form relationships with peers
- ★ Experience difficulty tolerating frustration or flexibility
- ★ Have mood disturbances such as anxiety or depression
- ★ Difficulty expressing themselves
- ★ Groups available for Summer and Fall 2018

See back for contact info

**We are not perfect, we are learning. That's the beauty in our specific journey.**

AUTHOR  
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Time and Dates:  
8 Weekly 1-hour sessions starting in Fall 2018. Most major insurance or private pay accepted!

★ Snacks provided ★

## Working with Children to:

- ★ Build self-esteem
- ★ Learn stress & anger management
- ★ Develop appropriate social skills
- ★ Deal with anxiety, depression or mood disturbances
- ★ Self regulate
- ★ Increase positive coping strategies
- ★ Build lasting friendships
- ★ Balance school and home environments
- ★ Increase positive expression of emotions
- ★ Problem solving in social settings