

# Sunshine

PREVENTION CENTER FOR YOUTH & FAMILIES

## **Would your child benefit from Sunshine?**

Sunshine's Social Skills/Social Emotional Learning Program provides a supportive and engaging environment for children, teens and parents. Through fun and creative workshops, special guests and interactive activities, the program aims to enhance positive social interactions and teach healthy ways to express emotions.

### Monthly Topics Include:

- Friendship
- Self-esteem
- Anger management
- Positive thinking
- Coping with anxiety
- Communication
- Dealing with bullying/teasing
- Mindfulness

### Benefits of Program:

- \* Parent support
- \* Enhance social skills
- \* Positive peer connections
- \* Improve self-esteem
- \* Raise awareness of our emotions
- \* Support for handling life's challenges

*Programs run Tuesday eve; small groups divided by age. Parent/Guardian Component included. Fee: \$100/month/child (no charge for parent) + \$25 Reg fee- sponsorships and discounts available*

**Teen/Young Adult Group** – Provides support to older teens and young adults to help work through life's challenges in a positive way. **Meets Wednesday nights**

[www.sunshinepreventionctr.org](http://www.sunshinepreventionctr.org)

**Sunshine also offers:** Court-approved programs, (parenting, anger management, substance abuse prevention) alternative education, staff development, outreach, community service opportunities.

***Interested in learning more or visiting Sunshine?***

*Schedule an Initial Family Assessment (IFA) to see if this program may be a fit*

**For registration and other Information: 631-476-3099**

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