

# **COMALLIE-CAPLAN COUNSELING GROUP COUNSELING FOR THE GIFTED**

## **Go Strengths: A Social Emotional Learning Program for Gifted Children and Adolescents**

**Offered by Lori Comallie-Caplan, MA, LMSW**

Does your child have trouble with emotional regulation, negativity, depression (or existential depression), low self-esteem or the inability to bounce back when things get tough. Then *Go Strengths* may be just what your child needs.

The *Go Strengths!* program arms students with 8 research-based skills including goal-setting, problem-solving, resilience, optimistic thinking, character strength development, emotional intelligence, self-confidence, and social skills. Each of the skills is accompanied by a tool that can be applied in their daily life. These skills are all about reducing the negative and increasing happiness, well-being and resilience!

This 8 week course will be limited to 6 children in each age group and will start on January 17, 2018. The cost of the program will be \$250 including tax.

*Grades 3-5 Group will meet every Wednesday at 3:00 PM\**

*Grades 6-8 Group will meet every Wednesday at 4:15 PM\**

To enroll your child today, please call Tiffany today at 526-4222, or email Lori at [lcomallie@gmail.com](mailto:lcomallie@gmail.com). Payment will be due by 1/9 to reserve your child's participation.

See <http://comallie-caplan.com/82-2/> for more information on Ms. Comallie-Caplan.

*\*Groups will be rescheduled if Ms. Comallie-Caplan is required in Court.*