

Seeing RED



10:30 am - 11:30 am

- June 22nd (First Session)
- July 13th
- July 27th
- August 3rd
- August 10th

[Click Here to Register](#)

Who & Where?

Therapist, Natalie Battle, M.Ed., LPC
7400 Beaufont Spring Drive, Richmond, VA 23225

For more information:

email: hello@c-eos.com **or**
call: 804-322-7188, ext 700

Seeing Red is a curriculum designed to help elementary and middle-school-aged students better understand their anger so they can make healthy and successful choices and build strong relationships. Designed especially for use with small groups, *Seeing Red* enables participants to learn from and empower one another. Its unique group process helps children and teens build important developmental objectives such as leadership skills, social skills, and building self-esteem (Simmonds, 2014).

Key Concepts and Activities Include:

- Identifying anger triggers
- Taking responsibility for mistakes
- Finding healthy ways to deal with frustration and avoid losing control
- Stating feelings, learning steps to control anger, and exploring consequences
- Building their “tool box” with over a dozen strategies to self-regulate their feelings and behaviors

Ages: 10 - 12 years old
