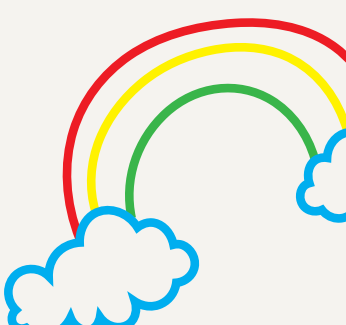




# SOCIAL EMOTIONAL LEARNING

## *Youth Workshops*

@ The Schuylkill YMCA



Help your child build confidence, manage emotions, and develop strong social skills in a fun, supportive, and interactive environment!



**LED BY AMY KETNER FROM KID & PLAY YOGA!**

Suitable for kids aged 8-12 years

Learn more on the next page!



Call to register! 570-622-7850



# BREATHE, PLAY, & CREATE

Our SEL workshops help kids ages 8–12 build confidence, manage emotions, and develop strong social skills in a fun and supportive environment.



Through deep breathing and meditation, group discussions, interactive games, and creative art expression, children learn how to understand their feelings, communicate effectively, and handle everyday challenges.

## Weekly Themes/Schedule:

-Thursday, May 21<sup>st</sup> @ 4:30 PM

*Understanding & Managing Emotions*

-Thursday, June 4<sup>th</sup> @ 4:30 PM

*Friendship Skills & Conflict Resolution*

-Thursday, June 18<sup>th</sup> @ 4:30 PM

*Self-Confidence & Growth Mindset*

## ★ **INTRODUCTORY SESSION PRICING**

Full Registration:  
(all 3 weeks)

-\$18 member

-\$27 non-member

Partial Registration:  
(individual weeks)

-\$10/class

