



Exciting New Class

Beginning August 2019



Social & Emotional Skills for Pre-Teens

A psychoeducational course designed to help youth learn social & emotional competency skills

Using the Too Good® curriculum, which has a theoretical framework of Social Learning Theory, Health Behavior Theory and the Social Development Model, this class is designed to help youth aged 10-12 enhance their social and emotional skills through interactive workbooks, engaging games, and skills practice through social interactions.



Social Awareness

- Perspective taking
- Empathy
- Appreciating diversity
- Respect for self & others
- Identifying bullying situations

Responsible Decision Making

- Goal Setting
- Analyzing situations
- Solving Problems
- Evaluating
- Reflecting
- Ethical Responsibility
- Goal Setting
- Managing Bullying Situations

Self-Management

- Impulse control
- Stress management
- Anger Management
- Self-discipline
- Self-motivation
- Organizational skills

Relationship Skills

- Effective Communication
- Social engagement
- Relationship building
- Teamwork
- Conflict Resolution

Self-Awareness

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence



Class sessions are held on 5 consecutive Wednesdays from 4pm-6pm .

Parent/Guardian participation is highly encouraged for the last half hour (5:30pm -6pm) to help reinforce use of the skills developed in all environments of life.

Class facilitators can be reached directly at 233-4280 (Lindsey Hall) or 233-4262 (Sheena Hixson). Or for more information, please call 265-7366 or visit www.mercercasper.com



mercercasper family resource center



Enrollment packets are now available! Print one off at your convenience from www.mercercasper.com or stop by Mercer Family Resource Center at 535 W Yellowstone to pick up your packet today.

Advanced Enrollment Required. Class space is limited. Reserve your spot today!