



3777 SIENNA PARKWAY
MISSOURI CITY, TX 77459
(832) 500-3563



Missouri City Family Counseling presents

CREATIVE COPING

This six week series will help elementary and middle school children learn helpful coping skills and techniques in a relaxed group setting. Children will attend weekly group sessions and parents will receive updates and helpful recommendations.



Topics of Focus

- Identify Feelings
- Relaxation Techniques
- Mindfulness
- Yoga and Body Awareness
- Self-Soothing
- Flexible Thinking



Meeting Information

DATES: Call or email to find out about our next available group!

LOCATION: 3777 Sienna Parkway, Missouri City, TX 77459

GROUPS: Ages 6-10 | Ages 11-14



Registration Details

PRICE: \$425 for 6-week group ***DISCOUNT:** \$395 if paid in full at registration

DEPOSIT: \$100 deposit due at registration - full payment by 3rd session

REGISTER: info@missouricityfamilies.com | (832) 500-3563