



Just like our cars headed on familiar routes to the CHILL clubhouse – our brains use neural pathways to determine how we reach our goals. It's up to us if we are going to get stuck behind "worry," "fear," or "stupid."

We can change lanes and create new "scenic routes" that offer us "curiosity," "calm," and "joy." Once these CHILLers saw that the paths they were choosing were making them late or unable to get to the fun, their creativity took over! They drew paths for their cars that offered options and strategies for the 'obstacles' in their way.

Awesome!



CHILL Group Schedule

Groups are offered Winter, Spring, Summer, and Fall for 8 weekly sessions.

CHILL Groups for ages 5 to 16 are small and determined by age, skill level, and gender.

Please call, email or check our website - www.cfcenj.com - for current schedule and fees.



CHILL

*A Stress-busting,
Fun-loving
Program for
Children and Teens*

*Center for
Counseling and
Education of
Medford, LLC*

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Create *Coping Strategies*

Honor *Mind and Body*

Inspire *Positive Thinking*

Learn *Life Skills*

Laugh *and Have Fun!*



CHILL Curricula is Based on Cutting Edge Brain Science

Our activities and interactive games are informed by the research and works of Dan Siegel, Brene Brown, Carol Dweck, Marsha Linehan and John Kabat Zinn amongst others. Whether we are exploring something in nature, strategizing over air hockey moves, or baking in the kitchen, we work toward helping kids build resilience and inner strength.

Children and teens learn stress management skills, emotional literacy, and mindfulness. Activities are age appropriate and individualized for each group's interests and challenges. We explore healthy and creative outlets for our emotions, including kitchen fun, writing, arts & crafts, and the inspiration of our CHILL clubhouse!

Why send my child to CHILL?

We identify and explore strategies to build self-support and adaptive thinking skills to navigate life's ups and downs.

CHILL will help your child:

- **Learn skills to regulate strong emotions**
- **Gain coping skills to manage anxiety and worries**
- **Increase emotional flexibility**
- **Learn and practice social skills**
- **Have a safe and affirming experience with peers**

Children often have difficulty identifying what stress is and how it affects them. As a result, they may feel angry, sick, or tired. This frustration can lead to self doubt and negative thought patterns.

At CFCE, we recognize that these thoughts and behaviors can grow and damage a child's sense of self. We work together to better understand stress and how it affects us. We learn to separate from stress and arm ourselves with creative, thoughtful ideas to work through it. Kids learn that while stress may not be fully resolved, it can be managed with the right tools - a key to living a healthier and happier life!

We Inspire Positive Thinking - to Combat Stress!

With better understanding of how our brains work, we explore how positive self-talk and self-reflection can change the way we think. We also check out our perception of others. Through games and role-plays, we help children increase their self-esteem and capacity for empathy. Practicing these skills in CHILL actually improves our 'brain strength.' Changing our thoughts can literally change the structure of our brains and lives for the better.

We introduce skills to cultivate calm bodies and focused minds.

Please contact us with any questions you may have. We look forward to speaking with you!

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Life skills include self-acceptance

www.cfcenj.com