



**SELF STUDIOS**

SOCIAL EMOTIONAL LEARNING

*Gift your child with social emotional wellness this winter*

Self Studios provides courses on social emotional learning and wellness, all taught and designed by counselors, psychologists and educators.

**WINTER SESSIONS ARE OPEN FOR ENROLLMENT**

**SIX WEEK SESSIONS: JAN 4- FEB 11, 8 WEEK SESSIONS JAN 4-MARCH 1**

**SOCIAL SKILLS GROUP**

TUES. or THURS  
3:30-4:30  
GRADES: K,1 & 2,3



**social skills**

Develop foundational social and emotional skills to build and sustain positive relationships with self and others.

*\*Groups limited to 6 students  
\$550 for 8 week session*

**CHARACTER CULTIVATION**

THURSDAY  
3:30-5:00  
GRADES: 4,5,6



**junior leadership training**

Embrace your full potential and step confidently into the role of leader.

*\$397 + \$15 material charge  
\$412 for 6 week session*

**WELLNESS WARRIORS**

FRIDAY  
3:30-5:00  
GRADES: 2,3,4



**social emotional wellness**

Foster a deep connection with self in order to cultivate inner resilience, confidence, peace and joy.

*\$397 + \$15 material charge  
\$412 for 6 week session*

**WELLNESS WARRIORS II**

WEDNESDAY  
3:30-5:00  
GRADES: 2,3,4



**social emotional wellness**

Continue on the path of deepening connection with self & cultivate resilience, confidence, and joy.

*\$397 + \$15 material charge  
\$412 for 6 week session*

**TO REGISTER VISIT**

**[WWW.SELFSTUDIOSLEARNING.COM/CLASSES](http://WWW.SELFSTUDIOSLEARNING.COM/CLASSES)**

**ALL CLASSES WILL BE HELD AT**

**MERRITT MEMORIAL SCHOOL**

*follow & share*

