Virtual Self-Care Series for tweens

Join us online for open discussion & self-care education

The COVID-19 pandemic has created unique concerns and challenges for all of us, and the impact may be particularly challenging for youth.

Nevada Health Centers is inviting children ages 10–12 to participate in a virtual gathering to learn, share, and experience together the value of healthy self-care.

Legal parent/guardian consent must be granted for children to participate, and participants will be entered into a raffle for one $25 Amazon gift card each session.

It’s free to join, and conversations are guided by a licensed professional from Nevada Health Centers.

We are ready to listen to your child’s needs and concerns, and to provide them with effective self-care resources to help them navigate their day-to-day experiences.

If you have questions about these sessions, please e-mail Steven Brotman, MS, director of behavioral health operations, at BH@nvhealthcenters.org.

Space is limited, so register today

nvhealthcenters.org/vscs

Virtual group meetings the 2nd Thursday of each month • 5:30–6:30 pm • Class link provided upon registration

$25 Amazon Gift Card Raffled Each Session

Session #1 • July 15, 2021
Self esteem & character development

Session #2 • August 12, 2021
Emotional intelligence & coping skills

Session #3 • September 9, 2021
Emotional intelligence & coping skills

Session #4 • October 14, 2021
Growth mindset & coping skills

Session #5 • November 11, 2021
Social interactions & healthy relationships

Session #6 • December 16, 2021
Self esteem & character development

Session #7 • January 13, 2022
Emotional intelligence & coping skills

Session #8 • February 10, 2022
Emotional intelligence & coping skills

Session #9 • March 10, 2022
Growth mindset & coping skills

Session #10 • April 14, 2022
Social interactions & healthy relationships