



RBC Foundation



PROJECT CHILD/TEEN RECOVERY

A *FREE* Support Group for children, ages 6 to 12, and youth, ages 13 to 17, who have experienced a traumatic event or been exposed to family violence, grief, substance abuse, divorce/separation, bullying, etc.

Children and youth learn skills to deal with what they have experienced and begin to recover their childhood.

Groups are FUN, IMAGINATIVE, and full of DISCOVERY!

Groups include crafts, games, arts, and much more, to help children learn:

- SELF ACCEPTANCE
- COPING STRATEGIES
- About their SUPPORT SYSTEM
- How to develop and use a SAFETY PLAN
- How to enhance their SELF-ESTEEM

- Snacks provided
- Transportation provided to those who may need it
- Facilitated by qualified professionals

Weekly Sessions:

*Fridays April 7—May 26—1 PM to 3 PM

*Summer Camps : July 10-14—9:00 to 3:00 PM (lunch provided)

August 8-11—9:00 to 3:00 PM (lunch provided)



To register or for more information:

Call Lorrie or Corrine at 403-329-0088 OR

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