



## **Moving with Moods: Rise above Stress and Worry**

**A group for girls in grades 5 & 6**

**Blue Moods?**

**Really down on yourself because of a little mistake?**

**Think you are often overlooked or left out?**

**Worried about your future?**

**Problems relaxing?**

This group will help....We will learn how to pay attention to our thoughts, feelings and experiences through mindfulness practices and other activities. Learn how to accept changes and stay balanced even if difficult things are going on, and even feel ok in the midst of it all.

When children learn to use their natural capacities to pay attention and investigate their experiences, they report they are kinder; less reactive; and they are able to let go of problems. The group will use movement, mindfulness, art and discussion to gain a new perspective on moods and life changes. Parents will be a vital support to participants and therefore will be asked to attend at least one class .

**Time: Fridays 3:45-5:15pm Cost: \$550**

**October 2, 2009– December 11, 2009**

**2772 Bush St, San Francisco**

**To register, contact: Anne Diedrich, MFT 415-673-7597**

**email [anne@childandadulttherapy.com](mailto:anne@childandadulttherapy.com)**

**Anne Diedrich, MFT ( MFC32995) maintains a private practice in San Francisco where she works with children, parents and individuals. With over sixteen years experience, Anne has helped children find new ways to express themselves, reducing their fear of rejection, and isolation,. For more information about Anne's psychotherapy practice please visit [www.childandadulttherapy.com](http://www.childandadulttherapy.com)**