

MQ  
& A

# SURF THE WAVES

SUMMER GROUP FOR  
EMOTION REGULATION

In this group, kids (ages 8-11) will learn to manage big emotions without reacting impulsively or shutting down. They'll build skills to identify physical sensations and manage big feelings with confidence.



INSURANCE  
COVERED!

## What to Expect:

- Ideal for children with anxiety, impulse control challenges, or executive functioning difficulties.
- Includes a parent support component to help reinforce skills at home.

## GROUP DETAILS:

- 8-week group
- Tuesdays, June 9-July 28, 2026
- 12:30-1:30PM



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