

A vibrant illustration featuring two palm trees, a slice of watermelon, a whole pineapple, and two ice cream cones with red frosting and sprinkles. The scene is set against a white background.

# BATT: BREATHE AND THINK THROUGH

A LITTLE GROUP FOR BIG  
FEELINGS

TEACHING STUDENTS AGES 7-11 STRATEGIES TO COPE WITH  
ANXIETY, ANGER, & IMPULSIVITY

**VIRTUALLY ON JULY 13, 20, 27**

**AUGUST 3, 10, 17 2021**

**9:30- 10:30 AM**

PLEASE REGISTER BY CLICKING [HERE](#)  
OR EMAIL US AT  
SOCIALWORK@NEARNORTHSCHOOLS.CA