DEVELOPMENT OF SKILLS

LENGTH: **8-12 Weeks** (to be determined)

DATES: **Start Feb 4, 2025** - End early May (depends on school holidays)

Time: 6:00-7:30 PM

WEEK	TOPIC
1	Introductions, Get To Know, Overview
2	Brain Architecture Game
3	Brain Architecture Game Reflection
4	Emotional Regulation - What are my needs
5	Emotional Regulation - How do I communicate and meet my needs?
6	Empathy
7	Empathy and Boundaries
8	Empathy and Decision Making
9	Decision Making and Problem Solving
10	SMART Goals
11	Safety Planning & Crisis Management
12	Celebration & Reflection