

# Virtual Self-Care Series for tweens

Join us online for open  
discussion & self-care education



Virtual group meetings the 2nd Thursday of each month • 5:30–6:30 pm • Class link provided upon registration

**The COVID-19 pandemic has created unique concerns and challenges for all of us, and the impact may be particularly challenging for youth.**

Nevada Health Centers is inviting children ages 10–12 to participate in a virtual gathering to learn, share, and experience together the value of healthy self-care.

Legal parent/guardian consent must be granted for children to participate, and participants will be entered into a raffle for one \$25 Amazon gift card each session.

It's free to join, and conversations are guided by a licensed professional from Nevada Health Centers.

We are ready to listen to your child's needs and concerns, and to provide them with effective self-care resources to help them navigate their day-to-day experiences.

If you have questions about these sessions, please e-mail Steven Brotman, MS, director of behavioral health operations, at [BH@nvhealthcenters.org](mailto:BH@nvhealthcenters.org).

## **Session #1 • July 15, 2021**

Self esteem & character development

## **Session #2 • August 12, 2021**

Emotional intelligence & coping skills

## **Session #3 • September 9, 2021**

Emotional intelligence & coping skills

## **Session #4 • October 14, 2021**

Growth mindset & coping skills

## **Session #5 • November 11, 2021**

Social interactions & healthy relationships

## **Session #6 • December 16, 2021**

Self esteem & character development

## **Session #7 • January 13, 2022**

Emotional intelligence & coping skills

## **Session #8 • February 10, 2022**

Emotional intelligence & coping skills

## **Session #9 • March 10, 2022**

Growth mindset & coping skills

## **Session #10 • April 14, 2022**

Social interactions & healthy relationships



*Space is limited,  
so register today*

[nvhealthcenters.org/vscs](https://nvhealthcenters.org/vscs)