

HOW CAN WE HELP?

Student Life Advisor Program



EMOTIONAL WELLBEING

Unlock your child's potential with therapeutic support that offers a safe space for emotional expression, coping strategies for stress, enhanced self-awareness, and improved communication skills. Therapists focus on building resilience, addressing underlying issues, and setting realistic goals for emotional well-being and academic success.

WHAT THEY WILL LEARN:

- Mindfulness
- Relaxation exercises
- Emotion regulation strategies
 - o Self-awareness
 - o Self-compassion
 - o Self-soothing
- Trigger identification
- And much more!



800.448.8326