

# Building Social Emotional Resiliency in Children



**This group is the perfect combination of skill development, socializing and fun!**

Building Social Emotional Resiliency in Children (BSER) is a fun and engaging program where each of the sessions focuses on one social emotional topic. Participants get to explore each topic, through a quick lesson, and fun hands-on activities like making 'brain bottles', bubble bouncing as a team and more. Each session wraps up with a snack time where participants debrief their learning from the day, socialize and put their new skills into real life action.

**Duration: 8 weeks / 2 hours per session**

**Ages 8-12**

## Pivot Point and Chilliwack Senior Secondary

This program is a project between Pivot Point and the Human Services Career Enrichment Program (HSCeP) at Chilliwack Senior Secondary. This program has been taught to many elementary students in Chilliwack over the past few years and is in great demand.

Pivot Point has been given the generous opportunity to work with the HSCeP program grade 12 students to bring this program to our clients. Sessions will be run by two carefully selected well-trained and experienced grade 12 students from the program and supervised by trained Pivot Point employees.

## In-Person Group Features

- ✓ Each session topic and agenda is thoughtfully preplanned
- ✓ All group time is carefully lead and monitored by trained staff
- ✓ Each session has fun social activities for the introduction, middle and closing of the session
- ✓ Additional time is available for those needing 1-1 attention
- ✓ We focus on making learning fun!