

B ARD Game On!



GAME ZONE:

Thursdays: 5:00PM – 5:45PM

Starts: Thursday, Sept. 15th, 2022

Length: 6 weeks (runs through October 20th)

Target Ages: 12 – 15 years old (boys and girls)

Group Size: 4 – 6

Facilitated by a Psychologist



Photo by Thomas Buchholz on Unsplash



Playing board games is important for a child's mental and social development and can teach all ages about teamwork, patience, and how to win and lose gracefully. Board games can also benefit kids' brains and language development and are an easy way to encourage healthy brain development in older kids and teens. Strategy games can help with development of the part of the brain that is responsible for executive function skills, which includes planning, organizing, and making good decisions, while having fun!

TEENS AND TWEENS – FROM “BORED” TO BOARD!

Goal: A group for adolescents to develop and practice interpersonal skills through participation in board games with peers.

Objectives: To help encourage verbal expression, communication, and teamwork while developing qualities like patience, determination, concentration and memory by focusing on the game set-up, rules, and when it's their turn to make a move.

1. Improve critical thinking and basic math skills.
2. Navigate friendships and create real life emotional connections – away from digital play.
3. Practice using effective coping skills when things don't go their way.
4. Encourages problem solving, collaboration, strategy, and achieving goals individually or as a group or team, while having fun!

Preregistration Required: contact Integrative Psyche at 414-545-4430 or by email: Integrativepsychegroups@gmail.com.

Cost: \$295 for the 6-week program.

