

Early Bird
Special
\$198 per day

The AERCs Thinking Self Program



Registration Open: 2025 Season Email: hello@aercs.ca or Call: 1 800 679 5536

This program encourages and promotes self-awareness, self-regulation and emotional intelligence.

With the Thinking Self Program, your children and tweens can engage in meaningful conversations about the challenges they face in life. It aids in the recognition and management of emotions, feelings, and behaviors for a successful life. **Through group and art therapy, this program improves resilience, interpersonal skills, self-awareness, conflict resolution skills, self-esteem, and decision-making abilities.** In sessions, a Psychotherapist helps **improve autonomy, navigate challenges, and achieve personal growth while enhancing emotional intelligence.** Included in every session, a personal journal, a range of art supplies for activities, a yoga mat for mindfulness, and a healthy snack option for breaks. Our recommendation is for your child/tween to have their own water bottle for every session.

The Thinking Self Program Agenda

1 Day, 4 Week Program:

Date: TBA 9:00 am to 12:00 pm	The Teenage Brain Neurology
Date: TBA 9:00 am to 12:00 pm	The Cognitive Triangle
Date: TBA 9:00 am to 12:00 pm	Social Media Safety and Boundaries
Date: TBA 9:00 am to 12:00 pm	Application of techniques learned

The Thinking Self Program Facilitators:



Gloria R Segovia,
SSW, BA,BSW,MSW,RSW,RP



Alison Clironomos-Di-Matteo,
RECE

The Thinking Self Program is under social work psychotherapy and is approved for work benefit coverage.

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