

# **TAKING BACK CONTROL**

Teaching kids and parents how to take back control over worry

**Six week program**

**Tuesdays (5:30pm-6:30 pm)**

**August 1-September 5**

**Kids ages 10-15 & their Parent(s)**

**Behavior Management Systems**

**350 Elk Street, Rapid City, SD**



Topics that will be covered:

## **Understanding Worry Emotional Regulation & Solutions**

There will be 2 groups each evening: the kids group will teach needed skills and the parents' group will teach how they can support their kids.

Please contact: **Amber Roduner, Caitlin Hollearn, or Lacey Thompson** at **BMS** (605) 343-7262 if you are interested in this group.

If you are not already a BMS client, a pre-screening must be completed by  
**July 25, 2017**



Title 19, Insurance, and Credit Cards are accepted. Other funding may be available depending on eligibility. Screening and financial eligibility are required to qualify.

[www.BMSCares.org](http://www.BMSCares.org)