

# ALAMO COUNSELING AFTERSCHOOL PROGRAM

**Mondays 4:00-5:15 PM (middle school ages 10-13)**

**Mondays 5:30-6:45PM (high school ages 14-17)**

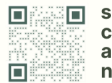
## SEW-DBT WORKSHOP

Our SEW-DBT workshop is a 7-week series designed to enhance social and emotional development. Each week of the series incorporates a fusion of Dialectical Behavior Therapy (DBT) principles and Social and Emotional Wellness (SEW) concepts.

This program empowers adolescents with essential skills to navigate stressors, foster safe relationships, gain deeper insights and empathy, regulate intense emotions, communicate effectively with peers and family, and build resilience.

As an open and ongoing series, students can experience the entire program while having the flexibility to enroll at any time (with the exception of Week 3).

visit us online for more info or to register



WEEK 1

**Fixed & Growth Mindsets**

WEEK 2-3

**Radical Acceptance & Self-Care**

WEEK 4

**Mindfulness for Distress**

WEEK 5

**THINK & GIVE Skills**

WEEK 6

**Peer Pressure & Boundaries**

WEEK 7

**SMART Goals**