



Anti-Bullying Empowerment Group

Group Description: Children will learn the skills needed to improve socialization with peers, being secure and confident inside themselves and how to be responsible for their behavior toward others and self. Lesson materials, activities and games are used in a structured environment to give children a platform to have a voice as well as increase positive self-esteem and personal power. Each week, we follow a routine; introductions, identifying and listing the rules, snack, skills building activities, and homework. Seven rules are covered in each group each week; work together, listen, be respectful, keep hands and feet to self, do not leave the room without permission, follow directions and express feelings safely.

Group Structure: The group will be open-ended and participants may join at any time. The length of time varies between participants depending on their level of need.

Population: Boys and girls 7 – 11 years' old

Time: Every Tuesday 4:00 – 5:00 pm

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