



CHILL Curricula is Based on Cutting Edge Brain Science

Our activities and interactive games are informed by the research and works of Dan Siegel, Brene Brown, Carol Dweck, Marsha Linehan and John Kabat Zinn amongst others. Whether we are exploring something in nature, strategizing over air hockey moves, or baking in the kitchen, we work toward helping kids build resilience and inner strength.

Children and teens learn stress management skills, emotional literacy, and mindfulness. Activities are age appropriate and individualized for each group's interests and challenges. We explore healthy and creative outlets for our emotions, including kitchen fun, writing, arts & crafts, and the inspiration of our CHILL clubhouse!

Why send my child to CHILL?

We identify and explore strategies to build self-support and adaptive thinking skills to navigate life's ups and downs.

CHILL will help your child:

- Learn skills to regulate strong emotions
- Gain coping skills to manage anxiety and worries
- Increase emotional flexibility
- Learn and practice social skills
- Have a safe and affirming experience with peers

Children often have difficulty identifying what stress is and how it affects them. As a result, they may feel angry, sick, or tired. This frustration can lead to self doubt and negative thought patterns.

At CFCE, we recognize that these thoughts and behaviors can grow and damage a child's sense of self. We work together to better understand stress and how it affects us. We learn to separate from stress and arm ourselves with creative, thoughtful ideas to work through it. Kids learn that while stress may not be fully resolved, it can be managed with the right tools - a key to living a healthier and happier life!

We Inspire Positive Thinking - to Combat Stress!

With better understanding of how our brains work, we explore how positive self-talk and self-reflection can change the way we think. We also check out our perception of others. Through games and role-plays, we help children increase their self-esteem and capacity for empathy. Practicing these skills in CHILL actually improves our 'brain strength.' Changing our thoughts can literally change the structure of our brains and lives for the better.

We introduce skills to cultivate calm bodies and focused minds.

Please contact us with any questions you may have. We look forward to speaking with you!

Pam 609-714-8400
info@cfcenj.com



Life skills include self-acceptance

www.cfcenj.com