

#TalkAboutItTuesday

HOSTED BY
NEWS

Virtual Kids Support Group

for Uncertain Times
(All youth ages 5-17 welcome)

Two Groups

- **Group 1: Ages 5-11**, Time 2:00-3:00pm
(Liliana: Bilingual NEWS Case Manager, and Elizabeth: Bilingual NEWS Case Manager,)
- **Group 2: Ages 12-17**, Time 1:00-2:00pm
(Elizabeth: Bilingual NEWS Case Manager, and Carla: Bilingual, Prevention Educator)

Outreach:

- Weekly via Facebook
(English & Spanish page)
- Instagram (weekly)

Screening Process

- No screening required
- Group 1: Parents or legal guardians call or email to sign up
- Group 2: Parents, legal guardians or child self-register via email or phone
- No number limitation at the moment

Group Description

- Zoom Platform
- Meets every Tuesday
- Group 1: Parents or legal guardians call or email to sign up children prior to day
- Group 2: Parents, legal guardians or child self-register via email or phone prior to day
- One hour session
- All Napa County kids welcome (ages 5-17) –referrals encouraged from other partner agencies in Napa County

Overview of the lesson plan

(A Window between World Curriculum & Be Strong: From the Inside Out)*

- Self-Esteem/Self-Worth
- Healthy Relationships
- Self-Regulation

*Covid-19 stress discussed in all sessions (during check-in)

Sample Session Description Topic: *Activities designed weekly depending on needs of audience*

Topic: Ingredients of a good friendship

- Purpose: To continue skill building around healthy relationships by helping youth explore their relationships with friends.
- Objective: To increase interpersonal & cultural competence; to improve values of caring, integrity & honesty; to improve peaceful conflict resolution skills.

Call 707-252-3687 or email elizabetha@napanews.org, lilianae@napanews.org for more information. Groups are accessible on a computer, tablet, or smart phone. All of our services are confidential and free, we will not record any of the support group sessions. *****If there is an accessibility barrier, please call Elizabeth at 707-252-3687 or email her at elizabetha@napanews.org.** We are actively pursuing the idea of face to face support groups in the future, but in the meantime -- we hope that our online support group will serve the needs of our clients.