



Leader in  
Social Justice

For more information  
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# Stop, Slow, Go

## Strategies to Address Self-Regulation



**Starting Soon.  
Accepting Referrals.**

The Fernandes Center for Children & Families

This FREE group will be facilitated by an Occupational Therapist and a clinician specially trained in trauma-focused treatment. The group will also incorporate trauma sensitive yoga techniques by a certified clinician.

This group is for boys and girls ages 8-12  
with a history of trauma and their parents/caregivers.  
The group will provide tools and tips for managing strong feelings  
in healthy ways through fun and calming sensory-based activities.

**For more information, please contact Stephanie Sayles, LICSW**

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***This program is free of charge.***

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**Saint Anne's Hospital**  
A STEWARD FAMILY HOSPITAL

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