

# Teen Social Emotional Learning Group

Wednesday, Oct. 16

3:30-4:30 p.m.

Fleet Recreation Center, Gaeta

Being a teen is more complex than ever. Students in grades 6-12 have an opportunity to interact with peers in a safe and fun environment.

Military and Family Life counselors lead the group to discuss topics such as:

- *Identifying feelings*
- *Resiliency*
- *Problem solving*
- *Conflict resolution*
- *Self esteem*
- *Managing anger and aggression*
- *Separation from parents*
- *Coping with deployment and reunification*
- *Transition and moving*
- *Sibling and parental relationships*
- *Time management*
- *Divorce*

Reservations are not required. If you have questions, email the NSA Naples School Liaison at [NaplesSLP@us.navy.mil](mailto:NaplesSLP@us.navy.mil) or call 081-811-6549 / DSN 629-6549.

