

SUPERHERO WORKSHOP

Ages 7-10

“I think a hero is an ordinary individual who finds strength to persevere and endure despite overwhelming obstacles”

- Spiderman

The goal of this workshop is to identify the superhero in each child. What strengths do they have that can help them through this tough time? What skills can they use to cope with strong emotions? Youth will create their superhero and create a story about what they have been going through in comic form. The group will process what they can use to fight the villain they have been facing, such a problem behaviors or overwhelming emotions.

Where: Murray, Wilson & Rose
1811 Boyson Rd. Suite A
Hiawatha, IA 52233

When: See website for next available date at:
www.mwrcounseling.com/group-support/

Cost: \$95.00 Payment due in full at time of registration.

For questions call 319-693-5694
or email aliciameans@mwrcounseling.com



Superhero Workshop

Parent Name: _____

Participant Name: _____

Parent Email: _____

Participant Age: _____ Participant Gender: M F

Parent Phone: _____

Parent Signature: _____

Allergies/Health Issues: _____

Date of requested workshop: _____

Please mail this form in with payment method. Cost is \$95 for the workshop.
If paying by credit card, please make a note and we will call you for payment.



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