

# HERO KIDS



At Children's Wellness Center of Colorado

**For co-ed youth ages 7 - 9 years old**

## Does your child struggle with:

- ☐ peer connections?
- ☐ social-emotional skills?

## Do they enjoy:

- ☐ strategy?
- ☐ Role-playing/acting?
- ☐ Fantasy?

**Give them a fun and creative avenue to build social interactions!**

**No experience playing Hero Kids is needed to participate.**

**\*Research indicates that Activity Therapy (such as Hero Kids) can be an avenue to teach new skills and improve mental health**

**\*Need more information on the research behind use of games for mental health intervention? Let us know and we'll send a reference list.**

## Give your child the opportunity to build skills in the areas of:

- ☐ Empathy
- ☐ Communication
- ☐ Team/Group Collaboration
- ☐ Coping with unexpected events
- ☐ Flexibility (seeing things from different perspectives)
- ☐ Identity Development
- ☐ Impulse Control
- ☐ Emotional Intelligence

**When: 4/6 – 5/25 (8 weeks)**

**\*New to CWCC? An intake session must be completed prior to start date.**

**Time: Saturdays 10:00am - 11:30pm**

**Cost: \$75 per group**

**\*Colorado Access & RMHP Medicaid and CHP+ accepted**

**Where: CWCC Centennial Office  
12150 E Briarwood Ave. Suite 202  
Centennial 80112**

## Facilitated by:

← **Sarah Adams, LPCC,**  
Adventure Game Master **AND**

⇒ **Molly Sullivan, BA,**  
Master's Student Intern  
Adventure Co-Facilitator

**Contact our office to schedule:**

**(720)662-7862 Ext. 0**

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