Darci Freeman Coaching & Counseling

CHILL & SPILL FOR GIRLS AGE 11-13

A blend of art, narrative, and cognitive behavioral therapy to strengthen social-emotional skills and resilience

What You Will Learn:

- Recognize & express emotions in healthy ways
- Build self-confidence & self-compassion
- Cope with stress, anxiety, & overthinking
- Strengthen communication & friendship skills
- Practice mindfulness & relaxation strategies

What To Expect:

- Guided journaling & creative reflection
- Group discussions and interactive activities
- Mindfulness and coping tools that actually work
- A supportive environment to share, learn, and grow

Details:

- Tuesdays at 4pm
- 6 weeks starting January 6th
- For girls ages 11–13
- $85 per session (includes journal and art materials)

For more information or to sign up, email hello@darcifreemancc.com