

Turning the Page

About the Group

Turning the Page is a 10-week small group designed to help children build emotional awareness, coping skills, and confidence through engaging storybooks, hands-on activities, and guided discussions.

Children learn how to understand feelings, manage big reactions, strengthen friendships, and solve problems in a safe, supportive environment.

Ideal for children who may struggle with:

- Anger or frustration
- Worry or anxious thoughts
- Peer conflict
- Impulse control
- Big emotions

How It Works

📖 Story-Based Learning

🎨 Interactive Skill Practice

💬 Guided Small-Group Discussion

🏠 Weekly Take-Home Tools for Caregivers



Skills Covered

Emotional Awareness

Calming & Self-Regulation

Anger & Frustration Management

Managing Worry

Impulse Control

Flexible Thinking

Conflict Resolution

Assertiveness & Boundaries

Confidence & Resilience

Who It's For

Children entering 1st-4th grade

Maximum 6 participants

A current comprehensive evaluation must be on file.

📅 Tuesdays | 9:00-10:30 AM

📅 June 16 - August 18, 2026

📍 Hiawatha Valley Mental Health Center
420 E Sarnia St., Winona, MN 55987

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