

Coping and Life Skills for

Kids

Poster Series and Workbook

Useful and instructive posters that display various means of reducing stress, regulating emotions and promoting self-care.

Details:

Posters are visually appealing and include easy to read instructions, prompts and simple extended activities that draw from DBT, CBT, educational theories and self-care practices.

In conjunction with the posters, interactive worksheets are available to increase the effectiveness and success of the various stress tolerance techniques.

Prices:

Due to the versatility of the content we offer many print purchasing and digital licensing options upon request. Prices are determined based on the needs of the organization or school.



Advantages to Licensing:

- Reduced Costs
- Grants full-access to E-Files
- Unlimited printing within licensed department
- Licensed printing includes: posters, packets, laminated handouts, and cards.

Neurons Away LLC

Sally Safadi

315-572-6456

Sally@neuronsaway.com

