

Tween Book Club: Guts by Raina Telgemeier



Join us as we discuss the graphic novel and dive into the topics of worry and anxiety. Inspired by the story and the artwork, we'll practice relaxation strategies and create expressive arts projects to support self-expression and self-regulation.

For students in grades 4-6

4 Mondays (5/12, 5/19, 6/2, and 6/9) from 6:30-7:30PM

at Intentional Living Mental Health Counseling
2000 S. Winton Road, Building 4, Suite 200
Rochester, NY

Cost: \$80 for all 4 sessions (Payable in advance via cash, check or Venmo)

Workshop leader: Tracy Nemecek, MA, LMHC

For more information or to register: email
tnemecek@intentionalliving-counseling.com or call 585/444-8005

*Familiarity with Guts is encouraged but not required

**Commitment is for all 4 sessions