

# Tween Book Club: Guts by Raina Telgemeier



Join us as we discuss the graphic novel and learn more about 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-regulation and self-expression.

For students in grades 4-6

4 Thursdays (2/26, 3/5, 3/12, and 3/19) from 6:30-7:30PM

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

Cost: \$100 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](mailto:tnemecek@intentionalliving-counseling.com) or call 585/444-8005

\*Familiarity with Guts is encouraged but not required

\*\*Commitment is for all 4 sessions