



# KIDS AFTER SCHOOL PROGRAM

AGE 5-12

## Topics Discussed:

- Social Skills
- Problem-Solving
- Coping Skills
- Mindfulness
- Communication
- Practice
- Self-esteem

## Activities:

- Outdoor Activities Daily
- Arts & Crafts
- Group Therapy



For more info. about Stride, scan code below



 (801) 852-3584

 Provo Family Clinic  
1165 E. 300 N.  
Provo, UT 84606

 Monday - Friday  
3:00 p.m. - 5:30 p.m.

 If interested in attending,  
please email:  
[stride-referrals@wasatch.org](mailto:stride-referrals@wasatch.org)

*Transportation Options Available  
Medicaid Insurance Only*

