



Children's Group Agreement

Welcome to *Aligning with the Heart & Mind Group*! I am looking forward to having your child participate for 6 weeks! They will get to learn about how their mind and heart work together to support a healthier mindset. They will get to learn about growth and fixed mindset, emotions, build self-esteem skills as they draw, paint, and create.

Each group class has a different component of *Growth Mindset* that will include art on canvas.

Please take the time to explain to your child:

- To come in and leave the shoes in the shoe rack and wash hands when they arrive.
- This is not art class to learn to do art. This is a group that includes art such as painting, drawing and collaging to learn about growth mindset and emotions.
- Each week they will do something different and whatever exercises they don't finish they can finish at home.
- Be here on time as I try to give the kids enough time to paint and if they get here late it will be difficult to finish all the things we try to do.
- They need to know they cannot leave the premises without a parent picking them up.
- Phones will not be allowed in the group so please do not send them with phones.
- There will be fresh fruit and popcorn available as a snack. If there are any ALLERGIES, please let me know.
- **Respect, Kindness, and Cooperation** is always held as high character standards in the groups that we must all work towards with ourselves and others. This means NO bullying, no laughing at other group participants art work, no pushing or shoving, wait your turn when someone is talking. _____ your child's initials



Parents:

This is a 6-week group that meets weekly in June and two more times in July 2024 for two hours. Please have your child here on time. The group will be held: Wednesdays from 4-6pm.

Here are the dates:

- June: 5th
- June 12th
- June 19th
- June 26th
- July 3rd* or July 24th
- July 17th

Fees:

The fees for each 2-hour group are 65.00 and one-time \$25.00 flat fee for materials that you pay before the groups begin. Please reach out to Kim Valdes if you want to sign your child up by contacting her at 470.227.0169 or emailing her at kimvaldes@theheartwaycounseling.com. Payment is due May 30th for June and the two weeks of July. Total for 6-week group is 390.00 plus a one-time fee of 25.00. You are responsible for payment of ALL sessions and no refunds are given for missed sessions. No exceptions. If you need different payment arrangements please reach out to Kim Valdes, LPC, RPT.

Payment is made online through my website here is the link:
<https://theheartwaycounseling.com/aligning-mind-heart-with-art/>

Please print and sign to bring with you to the first group.

Parent Signature _____ **Date** _____

Therapist Signature _____ **Date** _____