

# Hey...Darien Community,



## Join the **Tween** Pop-Up Group Series

The **Summer Tween Pop-Up Group** series was created by Dr. Amanda Craig to offer a place in the community for children ages 9-12 to practice social emotional skills, learn about themselves and grow in their understanding of the world around them.

**The Groups are FREE of charge and meet at different locations in Darien, CT.**

**Group dates and times:**

**July 8<sup>th</sup> 4-5:30pm- Forest Experience – Selleck’s Woods - One Parklands Drive-** In this session you will use your senses to explore the wonders of Selleck’s Woods, create a nature face and learn some animal yoga poses. You’ll also get an animal encounter with some of the Darien Nature Center resident species.

**July 15<sup>th</sup> 4-5:30pm- Ponding – Olson Woods 31 -1 Heather Lane -** Gather around different spots along the pond to explore what lives there! We’ll paint rocks and scoop in the water for critters. We’ll meet some Darien Nature Center animals who come from pond habitats.

**July 22<sup>nd</sup> 5:30-7pm- Family “Camping” – Cherry Lawn 120 Brookside Road-** Explore the park and all the wonders it holds! Learn how to safely build a fire and how to cook dinner with it. We’ll Enjoy a scavenger hunt and meet some of the Darien Nature Center animal friends.

**July 29<sup>th</sup> 4-5:30pm- Community Service at DCA Bird Sanctuary - 274 Middlesex Rd-** We will learn about native plants, pollinators and their place in the ecosystem. We will work together to improve the habitat in the sanctuary for the many birds and insects that call it home. We will also paint our own leaf butterflies.

Sign up through the Darien Nature Center at <http://dariennaturecenter.org/events> or call 203-655-7459.

*Groups will be co-facilitated by Dr. Amanda Craig and Darien Nature Center Staff. Amanda is a licensed marriage and family therapist with office hours in Darien. She works with tweens, teens, couples and families.*