



COMPASS

NJ4S SUPPORTING MONMOUTH & OCEAN COUNTIES

by



PREFERRED
BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate

Summer Wellness Series



Ocean County Library, Jackson Branch
2 Jackson Drive, Jackson, NJ



Students, ages 3-5

Services provided by NJ4S COMPASS Prevention Consultants



Fridays from 10:30 - 11:00 am

Happy Habits Club

This program focuses on social and emotional learning by teaching students about random acts of kindness and emotional intelligence. Students learn how to develop habits that will promote positive self-esteem and creative problem solving. The sessions integrate mental wellness principles through storytelling and interactive activities.

7/5/2024 - Meet The Happy Habits Club

Flip, Flop, and Flo are bunny rabbit sisters who created a club to teach others the importance of happiness and how to turn a frown upside down. They teach their friends the Happy Habits Dance to put them in a happy mood anytime.

7/12/2024 - Find Mrs. Mouse's Berries

Mrs. Mouse lost the berries she had been collecting. Flip, Flop, and Flo teach their friends how to be kind to others.

7/19/2024 - Mr. Grumplekins Discovers His Laugh

Mr. Grumplekins is grumpy. Flip, Flop, and Flo teach him to see all the happy things around him and how to share his happiness with others.

7/26/2024 - Tank the Turtle Lost the Race

Tank the Turtle wanted to win the race, but he couldn't keep up with the others. His friends cheered him on and taught him that doing his best and not quitting was more important than winning.

8/2/2024 - The Magic of Compliments

Franklin the Bear doesn't understand what compliments are. Flip, Flop, and Flo explain how easy it is to brighten someone's day by saying something nice.



To register, please contact the Jackson Library Branch at 732.928.4400.

For more information please call or visit us at:

732.367.4700

PreferredBehavioral.org/nj4scompass





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Empowering Education Program

This program offers a comprehensive social and emotional learning curriculum that is evidence-based and trauma-informed.

8/9/2024 - A Forgotten Birthday

Meet bunny twins, Munchy and Jumpy, and see them learn how to do double-days, their chance to improve upon a day gone wrong. They have adventures and learn social emotional skills and mindfulness along the way.

8/16/2024 - Allergic to You

Munchy and Jumpy become allergic to the word "you" and find that conflict resolution is easier when they talk only about their own feelings.

8/23/2024 - Curing the Grumps

This Munchy and Jumpy story teaches students the idea of thoughts, emotions, and behaviors being connected.



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