

IPH Presents

COOL CLUB..... A club for teens (Age 11 years up to 15 years)

In its 9th year !!

Socialization with Social Distancing!!!

The need to connect with others and involved and feel less lonely couldn't have been this prominent amidst the pandemic and the lockdown. There are many facilities catering to the cognitive development of teens, but few addressing the emotional-social development that is integral to our personality development. What makes us unique as a CLUB is our emphasis on long term skill building in the areas of emotional and social development. We also look at this CLUB as an avenue to build a support network of teens that would go on stay beyond the CLUB activities, strengthening their bonds and support.

We address the aspects of emotional-mental health that this transition of adolescence to adulthood brings about in areas such as self-esteem, friendships and peer pressure, use of social media, decision making and many more such topics that are pertinent to this age group.

When do we meet: One Sunday of every month from July 2020 till April 2021 (Total 10 sessions a year). Dates for sessions are decided in advance and members are informed in advance as well. **Please NOTE:** The sessions are conducted in an in person setting, in a group but currently, given the Pandemic, we might take a few sessions online but resume in person sessions once it is deemed fit for all of us.

Content: Each session is designed on a new theme that is conducted using the medium of role plays/group activities / discussions.

Who are the Coordinators? - Psychologists having years of rich experience in dealing with teenagers. For some sessions, expert faculties are invited to conduct the sessions.

Looking forward to a beautiful journey with all!

Regards

COOL CLUB TEAM