



CHECK IT!

CBT CHESS GROUP

MONDAYS & WEDNESDAYS | 10-11AM

AllHealth Network Castle Rock location

Have fun learning the game of chess, while also identifying and practicing key components of Cognitive Behavioral Therapy (CBT). Learn for yourself why they say "chess imitates life."



If you or someone you know is challenged with planning, impulse control, emotional regulation, and flexible thinking, *Check It!* might be the Summer group you are looking for.



Weekly 60-minute sessions will be held at AllHealth Network Castle Rock: middle school participants on Mondays and high school participants on Wednesdays.

Please contact Brandon Bowers at bbowers@allhealthnetwork.org or 720-843-7932 if you are interested in participating, or would like additional information about the group.



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