

## Kindergarten Readiness:

Get a jump start on important life skills before school begins. Kids will learn about such things as starting conversations, positive behaviors, impulse control, sharing, and making friends.

## Friendship Skills:

Is your child a friendly and positive person? Good listener? Show empathy and compassion to others?

This group helps kids develop strong interpersonal skills to make and keep friends. Skills worked on include active listening, identifying shared interests, giving praise, showing empathy, compromise, and handling conflict.

## Girls with ADHD:

Girls with attention and focus related issues work on mood regulation, impulse control, and friendships.

## Social Interaction Skills for Children and Teens on the Spectrum:

Age-based social skills learning and therapy groups are offered to help kids and teens with spectrum disorder with making and keeping friendships, learn coping strategies for frustration and aggression, handle the feelings of loneliness, and much more. Our groups help young people develop the skills and confidence they need to feel more comfortable as they navigate their social world.

## Girls Interaction and Communication Skills:

Members focus on assertiveness, dealing with transitions and changes, positive friendships, and ways to handle bullying and teasing.

## Coed Social Skills:

Members will focus on assertiveness, dealing with transitions and changes, positive friendships, and ways to handle bullying and teasing.

## Fear Not!

Boys and girls struggling with excessive worry, irrational fears, or compulsive behaviors, work on coping mechanisms and socialization skills in order to change patterns of thinking or behavior that are behind their difficulties, and so change the way they feel.

## ADHD Support:

Kids diagnosed with ADHD work on interacting and communicating with others, managing emotions, coping skills and controlling impulses.

## Young Adult Music Therapy:

Therapists' incorporate music therapies to stimulate personal development and social interaction of group members. Therapists' design each musical experience to encourage participation to the client's fullest extent, and to maximize the benefits of teamwork.

## Parents of Children with ADHD Support:

Goals of these groups include a better understanding of ADHD and its evidenced-based treatments, ideas for parents around behavior concerns at home, and suggestions regarding using reinforcement, discipline systems and behavior charts.

## The "Art of Friendship" Group:

Through art therapy, creative counseling techniques, story-telling, and play, children will improve peer relationships, self-expression and confidence.

## Coed Teen Support:

Some of the struggles teens face are a normal part of growing up, like dealing with peer groups, experimenting with new ideas, and going through changes in mood, identity and interests. These groups provide a safe and non-judgmental setting to express themselves, and create an environment that is structured and supportive.

## Adult and Young Adult Support:

Members use traditional and expressive therapies to manage difficult emotions. They share their weekly ups and downs while learning about themselves through their interactions with one another. Themes include mood issues, self-harming and substance abuse, divorce, parenting, gender identity, relationships, eating disorders, and family conflict.