

## **Child Track: Building Change**

### **“Let’s All Get Along” (Social skills group for grade school aged boys and girls)**

**(Carissa Roper, MA, NCC) Wednesdays 5:30-6:30**

The “Getting Along Group” is a therapy group for grade school children who are experiencing problems getting along with others and/or difficulty controlling negative emotions. In the “Getting Along Group”, children will learn a variety of social and emotional regulation skills. Children will have an opportunity to practice the skills that they learn by role-playing with their fellow group members. Topics will include: Identifying emotions of self and others, taking responsibility for feelings and behaviors, becoming a better listener, what starts conflict and makes it grow, understanding anger and its triggers controlling emotions using self-talk, getting bullied and bullying others, making and keeping friends and more.

### **“Thinking-Feeling-Doing” (CBT/Coping group for grade school aged boys and girls)**

**(Carissa Roper, MA, NCC) Wednesdays 6:30-7:30**

The “Thinking-Feeling-Doing” group is a therapy group for grade school children who may be experiencing symptoms of depression and/or anxiety. Using Cognitive Behavioral Therapy (CBT) techniques, children in the “Thinking-Feeling-Doing” group will learn the link between thoughts, feelings and actions, develop an increased awareness of their own thought patterns, identify the difference between negative and positive thoughts and learn the benefits of positive self-talk.

### **“Chillaxin” 7:30-8:30 (Creative expression/relaxation group for grade school aged boys and girls)**

**(Sara Reed, BA) Wednesdays 7:30– 8:30**

“Chillaxin” group facilitates the development and reinforcement of stress relieving activities in order to maintain a healthy lifestyle. “Chillaxin” group stresses the importance of utilizing coping skills and dealing with difficult emotions. Relaxation utilizes deep breathing, stretching, and art therapy techniques in order to reduce daily anxieties, improve self concept and increase day to day interactions with others.

## **Middle School Track: Building Change**

### **“LIFE: Experience It” (Social skills/Experiential group for middle school aged girls)**

**(Sara Reed, BA) Wednesdays 5:30– 6:30**

Social skills facilitates the development and maintenance of positive social relationships and friendships, improves social adjustment, and helps middle school children cope effectively and adapt with the demands of their social environment. Social skills/ experiential group will address the importance of group interaction and getting along with others, increase self esteem, improve mindfulness, be able to get and give compliments, showing concern and respect for others’ feelings, and responding appropriately to feelings of anger and frustration, all in a non-judgmental, safe environment, incorporating play in therapy.

### **“Just Breathe” (Art/Relaxation group for middle school aged girls)**

**(Sara Reed, BA) Wednesdays 6:30-7:30**

The “Just Breathe” group facilitates the development and reinforcement of stress relieving activities in order to maintain a healthy lifestyle. “Just Breathe” group stresses the importance of utilizing coping skills and dealing with difficult emotions. “Just Breathe” utilizes deep breathing, stretching, and art therapy techniques in order to reduce daily anxieties, improve self concept, increase mindfulness and self-awareness, and improve day to day interactions with others.

### **“Cool Cooperation” (Social skills group for middle school aged boys)**

**(Chris Graver, BA) Wednesdays 7:00-8:30**

Social skills facilitate the development and maintenance of positive social relationships and friendships, improve social adjustment and help children of all ages cope effectively and adaptively with the demands of their social environment. Social Skills/Experiential group will address the importance of joining and getting along in a group setting, positively interacting with others, being able to give and get compliments, showing concern and respect for others’ feelings and viewpoints, and responding appropriately to feelings of anger and frustration, all in a non-judgmental, safe environment incorporating play and therapy.

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## **Middle School Track: Building Change**

### **“Lets Deal With It” (CBT/Coping group for middle school aged boys and girls)** **(Carissa Roper, MA, NCC) Wednesdays 7:30– 8:30**

The “Lets Deal with It” group is a therapy group for middle school aged children who may be experiencing symptoms of depression and/or anxiety. Using Cognitive-Behavioral Therapy (CB) techniques children in the “Lets Deal with It” group will learn a variety of problem solving and coping skills to help them learn how to better cope with every day life stressors as well as the strong negative emotions they may be experiencing. In the group children will gain increased self-awareness of their thoughts and feelings, understand the link between thoughts, feelings and actions, identify negative vs. positive thoughts, identify dysfunctional thoughts and practice more realistic thinking, learn the benefits of positive self-talk, and learn how to express their emotions through healthy physical outlets.

## **High School Track: Building Change**

### **“The Bears: Building Effective Appropriate Relationship Skills”** **(High school boys social skills group) (Chris Graver, BA) Wednesdays 5:00– 6:30**

*This group is currently not running due to lack of interest. It will continue to run once there are enough referrals*  
Social skills facilitate the development and maintenance of positive social relationships and friendships, improve social adjustment and help children of all ages cope effectively and adaptively with the demands of their social environment. Social Skills/ Experiential group will address the importance of joining and getting along in a group setting, positively interacting with others, being able to give and get compliments, showing concern and respect for others’ feelings and viewpoints, and responding appropriately to feelings of anger and frustration, all in a non-judgmental, safe environment incorporating play and therapy.

### **“Assert Yourself ” (High school girls empowerment group)** **(Audrey Kary, BA) Wednesdays 5:30-6:30**

The “Assert Yourself” group is a therapy group for high school girls that may be struggling with/experiencing feelings of worthlessness, fear of rejections and/or an inability to identify positive traits about themselves. In this group girls will learn a variety of skills including, but not limited to: self-esteem building skills, dealing effectively with female peers, assertive skills, handling relational aggression issues, and building feelings of empowerment in a variety of situations.

### **“Family Matters” (High school family issues group for boys and girls)** **(Audrey Kary, BA) Wednesdays 6:30-7:30**

The “Family Matters” group is a therapy group for high school aged boys and girls that may be struggling with various family “matters” such as: divorce, blended families, step-parents and abandonment. In this group they will learn a variety of skills including, but not limited to: how to get what they need in a family, learning where they fit into their family system, emotional self-regulation and the impact that having a someone with a mental illness can have on your family and how to appropriately cope with these problems.

### **“Don’t Worry About It ” (High school CBT/Depression group for boys and girls)** **(Audrey Kary, BA) Wednesdays 7:30-8:30**

This group is for high school aged boys and girls that are struggling with feelings of anxiety, excessive worrying, a lack of interest in their normal activities/hobbies, and/or frequent and extreme mood irritability. Using Cognitive Behavioral Therapy (CBT) techniques teens participating in this group will learn a variety of skills helping them learn to better cope with everyday stressors and the strong negative emotions that accompany those stressors. In this group they will gain an increased self-awareness of their thoughts and feelings, understand the links between thoughts, feelings and actions, identify negative vs. positive thoughts, identify dysfunctional thoughts and practice more realistic thinking learning the real benefits of positive self talk and expressing their emotions through positive outlets.

## **Parent Track: Building Change**

### **“Parent Support Group”** **(Dawn Stella, Family Resource Developer) Wednesdays 5:30-7:30**

The “Parent Support Group” is a group that will be facilitated by the Family Resource Developer who works for Ben Gordon. This group will provide parents with a forum in which to talk about the issues and challenges that they face as parents of children with mental illnesses. They will be able to speak with a person who can help them access the resources that they may need as well as talk with other parents that may be currently experiencing the same issues, or already have gone through these problems and have advice or recommendations. This group is an open forum available for any parent of a child in this community with a need to connect and network with other parents in the community.