



Group Counseling for Kids and Teens

M.A.D. - Making Anger Disappear
(Audrey Kary) Mondays, 4:00-5:00p.m.

This group is for middle school aged boys and girls. The group is open, which means that people can join at any time. The goal of this group is to help raise awareness for kids about how to manage their anger in all environments. It is beneficial for group members to help them decrease the risk of mismanaging their anger and to suffer the consequences as a result of doing so. This group will help them to be able to identify their triggers, understand consequences, and use healthy coping skills when becoming angry. They will learn how to appropriately express anger and frustration in any situation.

YAD (Youth Adolescent and Drug) Treatment Group (On-going group)
(Angel Hernandez, MSW, CADC, ATE) Mondays, 6:30 p.m.

Substance abuse treatment group for youth 14-18. Primarily Cognitive Behavioral Therapy and Motivational Enhancement Therapy to facilitate group process on coping skills, triggers, goal planning, relapse prevention, and thinking errors.

Peace Out, Anxiety! Anxiety Group for Middle and Early High School Girls
(On-going group) (Carissa Roper, LPC) Tuesdays, 4:00-5:00 p.m.

Peace Out, Anxiety! is a therapy group for middle school and high school girls who are experiencing symptoms of Anxiety. Symptoms may include, but are not limited to, one or more of the following: Excessive worry and apprehension about a number of situations or certain situations/activities/events; difficulty controlling the worry; feeling restless and on edge; being easily fatigued; difficulty concentrating; avoidance of the situations causing the anxiety and more. In Peace Out, Anxiety, girls will discover that they are not alone in their feelings and experiences. This on-going therapy group will provide girls with knowledge about anxiety and teach them effective coping skills for responding to their symptoms.

Boys Anxiety Group (On-going)
(Allen Weimer, LMFT, LCPC) Tuesdays, 4:00 –5:00p.m.

This group is for middle school and younger high school boys experiencing some form of anxiety that is impairing functioning. The group will be based on cognitive-behavioral therapy techniques to address thoughts and patterns of behavior that create and maintain anxiety. The group will be useful for boys who experience high levels of stress in their lives and provide a safe environment for exposing worries and fears. It will focus on identifying anxiety cycles, self-awareness skills, rational thought building skills, and relaxation and other coping techniques.

DBT (Dialectical Behavioral Therapy) (Stacy Aubry LCSW, Sara Reed)
Tuesday-> 5:30-6:30p.m. for Middle School, 6:30-7:30p.m. for High School.

DBT maintains that some people, due to invalidating environments during upbringing and due to biological factors as yet unknown, react abnormally to emotional stimulation. Their level of arousal goes up much more quickly, peaks at a higher level, and takes more time to return to baseline. This explains why borderlines are known for crisis-strewn lives and extreme emotional lability (emotions that shift rapidly). Because of their past invalidation, they don't have any methods for coping with these sudden, intense surges of emotion. DBT is a method for teaching skills that will help in this task.

Parenting With Love and Limits: Parents of Teens 10-18. (6 week program)
(Audrey Kary) Tuesdays, 6:30-8:30 p.m.

This program is designed for all parents and caregivers of teenagers who enter into the “extreme” or “out of control” stage. Teenagers are “out of control” if they are between ages of 11 and 18 and show two or more of these behaviors for longer than 6 months: persistent and serious lying, chronic truancy, physical aggression, stealing, repeated running away, threats of violence, destruction of property, setting fires, threats of suicide, extreme disrespect. This group will provide parents who feel beaten down and exhausted with the tools to regain control of their teen’s behaviors and will assist with laying the groundwork for building a healthier more functional relationship.

Anger Management groups for teens (High school)
(Allen Weimer LMFT, LCPC) Wednesday, 4:00-5:00 p.m.

The anger management group is an open group, so teens can enter at any time. The group covers common anger management topics including understanding when anger is a problem, understanding what triggers are and how to identify each individual’s triggers, learning different types of emotions and how they relate to anger, strategies for expressing emotions appropriately, learning self-control and how that keeps your “power”, learning how substances affect anger, and learning strategies for dealing with provoking peers.

Transitional group for teens with Asperger’s Disorder or older teens
that are in need of Transitional Skills as they relate to transitioning to adulthood.
(Allen Weimer LMFT, LCPC) Wednesday, 5:30-6:30 p.m.

The group will be for older teens who are diagnosed with an Autism Spectrum Disorder (ASD) or are older teens that are slightly lower functioning. The purpose of the group will be to develop independent living skills. Some examples of topics discussed in the group are: initiating contact with unfamiliar people to get a job, pay a bill, or receive a service, accessing community resources, and communicating with roommates. The focus of the group will be on developing skills to accomplish tasks in which young adults are expected to assert themselves appropriately.

Empowered Parenting (7 week program)
(Carissa Roper, LPC) Thursdays, 6:30-8:30 pm

Empowered Parenting is a group for parents of children approximately ages 4yrs to 11 yrs. In the Empowered Parenting Group, parents will learn the most effective ways for responding to child symptoms of: Anger control issues; arguing; defiance and refusal to comply with rules; temper tantrums; inappropriate social behaviors; and more. In a group setting parents will learn that they are not alone and they will develop a strong support system of fellow parents. Specific goals of the group are to improve parental management skills and competence in dealing with child behavior problems, particularly noncompliant or defiant behavior. Goals also include the improvement of child compliance with commands, directives, and rules given by the parents; among other things.

S.T.E.P (Healthy Relationships for High School Girls)
Date/Time: TBD

S.T.E.P Group is a group for teenagers to address issues with peer relationships and dating relationships. Topics addressed will be boundary setting, assertiveness skills, understanding abuse, and building healthy relationships.

Building Change (on-going)
Wednesdays 5:30pm

Building Change is an intensive group program for children, adolescents, teens, and parents. The program goal is to provide families with a level of support that will enrich their journey towards positive growth and development. Topics addressed include: depression, social skills, art therapy, relaxation, parent support group, and educational seminars. These groups are run on a referral basis and as such not all groups will have enough participants to continue running. For more information see the link to the Building Change flier on the Ben Gordon Center website.