

# Children/Teen Group Programs

## **Understanding, Accepting, and Managing Separation/Divorce**

In this six week group program, children who are experiencing parental separation learn to identify and express thoughts and emotions related to the separation, and learn and practice positive affect modulation and coping skills. An additional benefit of the group approach is that this allows children to develop an understanding that they are not “alone”, and that there are other children who have had a similar experience.

Ages 6-8, Tuesdays from 4:00-5:30 pm, starting June 7, 2011

Ages 9-12, Mondays from 5:00-6:30 pm, starting June 6, 2011

## **Anger Management**

Many children have difficulty managing their anger in safe ways. This eight week program focuses on learning and practicing effective coping skills that children can use when triggered, rather than giving in to negative ways of coping, such as physical violence or yelling.

Ages 8-12, Thursdays from 4:30-6:00 pm, starting June 9, 2011

## **Children/Teen Anxiety/Depression**

Each of these two groups meets weekly for 7 weeks, and has 1 additional follow-up session four weeks following the final session. In this program, children/teenagers experiencing high levels of anxiety and/or depression learn positive ways of coping when triggered. We also develop individual treatment plans for each participant to address their specific needs.

Under 12, Saturdays from 12:00-2:00 pm, starting June 4, 2011

Ages 13 and over, Thursdays from 6:30-8:00 pm, starting June 9, 2011

Six week programs cost \$150/child; eight week programs cost \$200/child. Coverage may be available through your extended health benefits plan. All groups are held at 6568 Main Street, 2<sup>nd</sup> Floor; Stouffville, ON.

Groups are facilitated by Catherine Migliore Hart, MSW, a Registered Social Worker who specializes in the treatment of anxiety, depression, and trauma.

To Register, contact:

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