BOYS

SELF-REGULATION GROUP

**Call for current dates and times for group



This 9-week group will teach *middle school boys* skills to help boost attention and executive functioning. A pre-screening interview is necessary to join the group. Most private insurances will cover the cost (payment plans available). Call to schedule!

CONTROL EMOTIONS

RESOLVE CONFLICT

PAY ATTENTION

WORK INDEPENDENTLY

RESIST PEER PRESSURE

GET ORGANIZED

USE TIME WISELY

RESIST IMPULSES

GIRLS

EXPRESSIVE ARTS GROUP

**Call for current dates and times for group

Express Feelings

Improve Mood

Resolve Conflict

Resist Peer
Pressure

Pressure

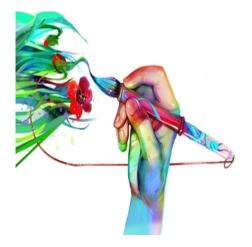
Improve
Control Emotions

Improve
Communication

Think Flexibly

Build Resilience

This 9-week therapy group will teach *middle school girls* skills to help boost resilience and self-regulation. A prescreening interview is necessary to join the group. Most private insurances will cover the cost (payment plans available). Call to schedule!



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