

# Child & Family Services



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY |
|---|--|---|--|--------|
|   | 11:00am-12:00pm<br>(adults)<br><b>Substance Abuse Education</b>          | 4:00-5:00pm<br>(13-17y/o)<br><b>Healthy Choices</b> |  |        |
| 4:30-5:30pm<br><b>Hidden Scars: Self-harm Group For Teens</b> | 12:00—1:30 pm<br>(adults)<br><b>Parenting</b>                            |   | 4:00-5:00pm<br>(12-17y/o)<br><b>Relationship Smarts: Bullying Prevention</b> |        |
| 5:30-6:30<br><b>Manage Your Emoji</b>                         | 1:30-2:30 pm<br>(adults)<br><b>Healthy Relationships</b>                 | 5:00-6:30pm<br><b>Adulting for Adolescents</b>      | 5:00-6:00pm<br>(12-17y/o)<br><b>Tame Your Hulk!</b>                          |        |
|   | 2:30—3:30 pm<br>(adults)<br><b>Anger Management</b>                      |   |  |        |
|   | 4:00-6:30pm (Referral from RC required)<br><b>Strengthening Families</b> |   |  |        |

1080  
10th

8.22.17



### **Anger Management**

Anger Management is a 12 session therapeutic treatment group designed to enable participants to learn, practice, and integrate strategies that help control anger and lead to improved relationships with others in their lives. Family members welcome.

### **Family Fitness**

This group will provide parents & children the opportunity to work out together in a 1 hour class for family fitness & fun. This group will encourage participants to engage in daily exercise routines at home & to be aware of the benefits of exercise. This will be an experiential (hands on) learning group, which incorporates mindfulness.

### **Healthy Choices**

The groups consist of an 8 week interactive classroom curriculum that covers the topics of self-esteem, puberty, sexual/reproductive anatomy & physiology, HIV/AIDS, STIs, safer sex protection methods, relationships and communication. Members participate individually and in groups during group activities.

### **Healthy Relationships**

Healthy Relationships is a 12 session therapeutic treatment group designed to enable participants to learn, practice and integrate healthy communication strategies that help lead to improved relationships with others in their lives. Family members welcome.

### **Hidden Scars: Self-harm Group For Teens**

Self-harm can be difficult to talk about. Many teens don't know where to turn or how to deal with such a sensitive topic. This group is a place for support, growth, & motivation to break the self-harm pattern of behavior. Dialectical Behavioral Therapy is used as a framework so that teens can learn evidence-based skills to cope with stressors and overwhelming emotions. The group's overall goal is for members to address not just their harmful behavior, but also the underlying reasons for self-harm.

### **Manage Your Emoji**

8-session therapeutic treatment group for children ages 6-10 designed to help kids learn effective communication and identify and control their emotions. The group will discuss how to do proper introductions, what makes them unique, values and other developmental social skills.

### **Parenting**

Parenting is a 21 session group that takes a practical approach to parenting. It is designed to teach parents skills they can use with children from birth through age 17. Topics covered include communication, learning effective and positive ways to deal with misbehavior, and learning how children grow and develop.

### **Relationship Smarts: Bullying Prevention**

A safe space for teens to learn about the dangers of bullying and what to do about it if they are getting bullied or see someone else getting bullied.

### **Rhythm of Life Drumming Circle**

Come jam out with us! Did you know that Drumming Circle is an ancient approach that uses rhythm to promote healing and self-expression. Drumming reduces tension, anxiety, and stress. Helps control chronic pain. Drumming boosts the Immune System and produces deeper self-awareness by inducing synchronous brain activity.

### **Strengthening Families**

Seven-week evidence-based program designed to build the skills needed to raise a healthy family. Families work in age-appropriate groups to address problem behaviors, develop social skills, learn how to set boundaries and strengthen the child-parent bond.

### **Substance Use Education**

Substance Use Education is a 12 session therapeutic treatment program that uses cognitive behavioral therapy techniques and components from the Matrix curriculum to educate participants about the facts and risks regarding alcohol, tobacco, and other drugs. Family members welcome.

### **Tame Your Hulk!**

Take part in role plays and scenarios to assist in learning what they must do to avoid confrontational situations. Participants will learn how to manage their emotions and develop alternative behavioral responses. They will commit to avoid the use of anger or violence to solve personal problems.

### **Teen Substance Abuse Group**

For youth and teens ages 13-17 who are re-covering from addictive behaviors related to drug, alcohol, gambling or other activities. This group provides non 12-step based tools and discussions for all stages of recovery. Matrix model used.

### **#TrendingNow!**

Provides a safe place surrounding social media and it's impact on teens. This may include, but is not limited to cyber bullying, self-esteem, self-image, peer pressure, health/wellness, and time management.

### **Youth Advisory Council: Leadership**

The Youth Advisory Council (YAC) is a group for youth to be able to learn leadership qualities, to have a voice and use their voice in every aspect of their life; to gain control and lean to navigate their own lives; to not be labeled nor be limited by their illness or diagnosis; to recognize and utilize their strengths; to appreciate their uniqueness and have the ability to show it to the world; to have the best opportunity to become a successful adult and to become a contributing member of society.

