

## WEEKLY BEHAVIORAL HEALTH GROUPS

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**Mondays: 3:30pm – 4:30pm (K-3rd)**

**Social Skills/Coping Skills Elementary Group**

Hands-on practice working on problem-solving, coping skills and social skills. Each group has a topic varying from anger, manners, paying attention, increasing happiness....and much more.



**Tuesdays: 3:30pm – 4:30 pm (4<sup>th</sup> – 5th Grade)**

**Social Skills / Coping Skills Intermediate Group**

Problem-solving, coping skills, social skills and support. Each group has check-in times to discuss positive, as well as, stressful situations. A fun atmosphere where many therapeutic games are played by members that teach important life skills

**Wednesdays: 1:30pm- 2:30pm: Support and Coping Group-Adults**

This group is for adults whom have been referred by a primary provider specifically to get added support between appointments.

**Wednesdays: 3:00pm – 4:00 pm (Social Skills / Coping Skills Jr. High 6-8th)**

This group is open for adolescents to discuss problems and get support from each other. A coping skill set and/or social skill is introduced and practiced.



**Thursday: Pain management Group-Adults: 8 week sessions TBA**

This group is open to all adults with chronic pain. Focus will be- Support, Coping skills and relaxation techniques using a Cognitive Behavioral therapy approach.

**Toddler Social Skills Group : Thursdays: 10:00am – 11:00am**

Toddlers learn social skills in our play therapy rooms. Developmental skills are practiced, as well as, learning to work with each other in a positive social environment.



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**All groups are led by highly trained therapists and have a warm, welcoming environment.**

**To inquire about any of our groups, please contact Angie Henderson in the Behavioral Health Department at 224-9484, ext. 5720.**