

Groups for Children & Adolescents

CarePlus offers a wide variety of opportunities for children and families to get involved in activities that will help manage stress, modify behaviors, and establish a positive sense of well-being.

ALLIES (LGBTQ SUPPORT GROUP)

This group offers weekly meetings to support LGBTQ youth between the ages of 13-18. This program promotes identity self-acceptance, effective communication skills, and conflict resolution through the use of self-help strategies and activities.

ANGER MANAGEMENT

This group targets youth 12-18 years of age who show difficulty with anger and other impulsive behaviors. The 8-week evidence-based curriculum improves anger management skills, increases social skills, and improves personal relationships. Co-occurring parenting groups are also offered to help with parenting strategies.

FOOD, FEELINGS, & BODY IMAGE

An 8-week psycho-educational group designed to support girls ages 13-17 as they navigate psychological, cultural, and physiological pressures. The idea is to encourage them to find a healthy and positive balance as their minds and bodies grow, and provide appropriate intervention to help prevent progression to an eating disorder.

FREEDOM FROM ANXIETY

A group for youth ages 10-17 designed to increase youth's ability to recognize signs of anxiety and strengthen skills to cope with difficult feelings and situations. Using an evidence-based curriculum, the group setting helps to promote healthy social relationships through 8 sessions.

MUSIC THERAPY

This group uses the natural elements embedded in music-making to target the needs of children with social, behavioral, or developmental challenges in a non-threatening, engaging and fun way. Over the 8-session period, children ages 7-13 (in developmental/age-appropriate groups) will partake in goal-oriented and evidence-based music experiences.

ON THE MEND

A children's support group for youth ages 5-13 featuring the evidence-based Children of Divorce Intervention Program. During the 8 sessions, youth will learn age-appropriate coping skills to assist in the difficulties triggered by parental divorce and/or separation. The topics and skills taught are sensitive to the different developmental stages of the children.

PARENTING SUPPORT CLASSES

These classes provide group support, information, and problem solving insights to help parents achieve a better understanding about the developmental stages of adolescence and the corresponding behaviors their children may display.

PARENTING WITH COMMON SENSE

This parenting education group features Common Sense Parenting®, an evidence-based model. Through 8 weekly group sessions, parents will learn practical and effective ways to discipline their children, increase positive behaviors, decrease negative behaviors, and teach age-appropriate skills. Offered in English and Spanish. An open parenting group is also offered.

SOCIAL SKILLS I

Social Skills I is an 8-week group that addresses the social and emotional functioning of youth ages 7-17 by helping them develop positive peer relationships, self-esteem, problem solving skills, anger management, and effective communication skills. Co-occurring parenting groups are also offered to help with parenting strategies.

SOCIAL SKILLS II

Social Skills II: "Beyond the Basics" is an 8-week group for youth ages 10-13 who have successfully completed Social Skills I and could benefit from a more advanced group to enhance social and emotional learning. This group will help youth to manage the pressures of social situations through advanced skill-building. A recommended bi-weekly Parent Support Group runs simultaneously with the program.

TOOLBOX FOR WELLNESS

A 12-week therapeutic group for youth ages 13-17 that follows a Cognitive Behavioral Therapy model—an evidence-based treatment modality that helps youth examine their attitudes, beliefs, and behaviors. CBT helps youth identify how their thoughts and actions can be self-defeating, and teaches them how to replace poor coping skills with positive actions.

FOR MORE INFORMATION OR TO REGISTER:

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