



CRG FALL GROUPS 2013



School is back in session! CRG providers will run six different groups to address a range of interest areas and age groups. We want to offer the opportunity to meet new friends, develop new skills, and acquire new knowledge. Here are descriptions of each:

GROUPS FOR GIRLS

The Power of She (Girls Ages 16-20)

Facilitated by Dr. Dana Lasek (Ph.D., HSPP)

Wednesday (4:30 P.M. to 5:30 P.M.)

\$70/Session

This is an interactive support group for young women, ages 16-20, struggling with relationship issues and low self-esteem. We will be learning relaxation exercises, techniques to manage your emotions, assertiveness skills, and information about how to improve your self-image. Please join Dr. Dana Lasek for a fun, interactive group designed to help you find your inner power!!!

Girl Power (Girls Ages 8-10)

Facilitated by Dr. Sarah Norris (Ph.D., HSPP)

Tuesdays (5:00 P.M. to 6:00 P.M.)

\$70/Session

Topics will include starting and sustaining friendships, respecting others, problem-solving, and increasing flexible thinking. Activities will include discussion, journaling, role playing, art work, and demonstrations. Some activities will be geared toward team building for a specific activity that can only be completed if group members work together.



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GROUPS FOR PARENTS AND GRANDPARENTS

Recipes for Success

Facilitated by Dr. Sandra Burkhardt (Ph.D., ABPP, HSPP)

2nd Monday of Each Month (11:00 A.M. – Noon)

No Fee

This psychoeducational group is for parents or grandparents of children with Autism Spectrum Disorders. Rather than provide therapy, Dr. Burkhardt will provide instruction and promote greater educational awareness. You will learn more about ASD issues and how to apply them in your family while raising your children or grandchildren. Session topics might include suggestions for positive management of behaviors, handling meltdowns, structuring family time, and finding support.

Mothers' Support Group

Facilitated by Christine Kerr (Ph.D., LMHC)

3rd Wednesday of Each Month (12:00 P.M. – 1:00 P.M.)

No Fee

Bring your lunch and connect with other Moms as we discuss issues that are relevant to you and your family. Group sessions will provide support, education, problem-solving strategies, parenting skills, coping mechanisms and an opportunity to know other Moms in similar situations.