



CRG WINTER GROUPS 2014



CRG providers will run four 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

Girl Power

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

Tuesdays (5:00 P.M. – 6:00 P.M.) Year Round \$70/Session

This social skills group is designed for girls ages 8-12. Format for the fall will be similar to last year with a variety of themes and topics discussed depending on the needs of the group. The discussion is usually accompanied by some art activity, role playing or social skills game. The girls seem to work best and talk more when they are involved in an activity. In addition, the activity works on the executive functioning skills of listening, planning ahead, using time well, staying on task and completing a task in a timely manner. The art activity also helps to strengthen visual spatial, fine motor skills, and the ability to follow directions. In addition, cooperation is usually needed between the girls to complete their activity so conversational skills are strengthened.

Middle School Mavericks

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

Wednesdays (4:30 P.M. – 5:30 P.M.) Starting September 24th for 6 weeks

This social skills groups is designed for middle school girls ages 12 to 14. Middle school us a time of extreme pressure for girls to conform to a peer group. Issues of acceptance, concerns about being different and fitting in are prominent. Usually there ate shifts in peer groups at this age and girls often worry about being left out. In addition, most girls begin to rely more and more on their peer groups as a source of support. Family stress sometimes increases as girls navigate between dependency and independence. Research has shown that middle school girls take a hit in terms of self-confidence and self-esteem at this age. Girls often show a decline in interest in school. Grades in math and science are often affected. Girls become more concerned about their changing appearance and how they compare to peers. This group will be used to address some of the social and emotional challenges of this age. Format will include topics such as managing social relationships, developing and maintaining healthy relationships, time management, issues of bullying, and how to sustain physical and emotional health. The goal of the group is to help girls continue to maintain strong sense of self through this turbulent period of their life. Discussions may be accompanied by expressive art work, role playing or social skills games.

For more information or to register, please call the CRG Front Office at (317) 575-9111.

GROUPS FOR BOYS

Solutions

Facilitated by Dr. Nathan Larson (Psy.D., HSPP)
Thursdays (6:00 P.M. – 7:00 P.M)

This group has been designed for 7 to 10 year old boys to provide supportive and solution-focused group therapy aimed at enhancing the development and use of appropriate social skills. The goal of group will be to assist group members in developing a better understanding of their difficulties and learning skills to more effectively cope with their emotions and the situations they encounter. Participants will be given opportunities to work on social skills, adaptive functioning (learning to read social cues, regulating behaviors, being patient, being confident, and paying attention in social situations), and learning how to control mood and impulsive actions. We do this through role play and goal-directed interactions, where we share experiences with one another and think of new and appropriate ways to handle common situations.

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.