



# CRG SPRING 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 BOYS

### **Challengers**

**Facilitated by Dr. Nathan Larson (Psy.D., HSPP)**

**Thursdays (6:00 P.M. – 7 P.M.) Starting February 5th**

This group has been designed for boys ages 16 to 21 to provide eight weeks of supportive and solution-focused group therapy to enhance 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.

### **Solutions**

**Facilitated by Dr. Nathan Larson (Psy.D., HSPP)**

**Thursdays (5:00 P.M. – 6:00 P.M.) Starting March 5th**

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.

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

## 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.