

Group Therapy for Children

All About Feelings (Children Age 7-11)

Do your kids experience emotions in a BIG way? Or do they go "0-100?" This group helps kids learn about different emotions and how they experience their feelings in their bodies. Each week, participants will learn a new topic about emotions, complete an activity, and discuss/review afterward. Kids will also learn different skills to help them cope with and positively manage their emotions. It's time to take control of all the emotions!

Target Symptoms: Understanding "Big Emotions" (such as Anger and Sadness)

Methodology: Bibliotherapy, Expressive Art Therapy, DBT

Building Resilience During Challenging Times: A toolbox to help your child heal and grow.

(Children Age 7-11)

This group is for children who have been struggling with anxiety and fear over the past year who need tools to find hope, connection, and calm to carry with them as they grow. In this group, children will understand their emotions, build coping skills, assert confidence, and find connections as they can find comfort and relate to their peers in a small, safe, and supportive setting. In addition, children will have the opportunity to share their own stories, listen to other children's stories, and learn skills to navigate challenges in the future.

Target Symptoms: Stress, Anxiety, Worry, Isolation, Low self-esteem.

Methodology: CBT, Psychoeducation, Art and Play

ELEVATE

COUNSELING SERVICES, INC.

Ask Us About In-Person &
Online Group Therapy Today!

Location	Phone
Easton 17 Eastman St., Ground Floor South Easton, MA 02375	508-297-1491
Bellingham 116 Mechanic Street, #7 Bellingham, MA 02019	508-297-1491
Lakeville 109 Rhode Island Road 2nd floor, left Lakeville, MA 02347	508-297-1491
Raynham 1244 Broadway Raynham, MA 02767	508-297-1491



Children & Adolescent Group Therapy

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www.elevate-counseling.com

Group Therapy for Teens & Adolescents

Building Communication Confidence Series for the Socially Anxious Teen (Ages 13-16)

This workshop is for teenagers who struggle with anxiety in social situations. Teenagers will practice effective communication skills with peers through a series of games and activities. Staff is present to help facilitate the event and to assist participants with peer interactions. Previous attendance is not required to register.

Target Symptoms: Social Anxiety Disorder, Generalized Anxiety Disorder, and Low Self-Esteem.

Methodology: Psychoeducation, Skill Building, Role-Playing, Cognitive Behavioral Therapy

You've got this!

High School Age Females (14-17)

The goal of this group is to focus on exploring self-esteem and self-worth. We will discuss how self-esteem and self-worth impact all areas of life, including school, relationships, social media, and communication.

Target Symptoms: Low Self-Esteem and Low Self-Worth

Methodology: Psychoeducation, CBT, Discussion

Be Bold, Be Creative, Be Yourself! Middle School Age (12-15)

This group is for middle school-aged youth who would like to learn how to use the creative arts as a part of their coping skills. Each week, creative projects will focus on self-esteem, self-identity, coping skills, and other mental health topics. In addition, the participants will be able to talk about their projects to the group to help foster connections and improve communication. The goal of this small and supportive is to foster creativity and comfortability.

Target Symptoms: Anxiety, Stress, Depression

Methodology: Art Therapy, Expressive Arts Therapy, Psychoeducation, Mindfulness, CBT, DBT

The Ways of Wellness

High School Age Male & Females (14-17)

If you've been feeling overwhelmed from your responsibilities and in need of some more time for yourself, then this group is for you. Whether you're new to the whole health model of wellness or looking for a refresher, we will review concrete actions you can take and implement in your day-to-day life. But, most importantly, you will be connecting with peers to support and share knowledge and experience.

Target Symptoms: Anxiety, Depression, Stress, Worry

Methodology: Psychoeducation & Discussion

Rainbow Compass: Navigating the Transgender Journey Transgender and Non-Binary Youth (Ages 13-17)

This group is specifically for transgender and non-binary youth to explore their transgender journey. We will participate in activities that will assist in exploring their identity, understanding themselves, and expressing themselves authentically. This group will be a safe place for them to explore their own gender identity, find support in their journey, and celebrate their authentic self.

Target Symptoms: Anxiety and Gender Dysphoria

Methodology: Creative and Expressive Art Therapy, Humanistic Approach

Rainbow Compass: Navigating the Transgender Journey for Parents Parents of Any Age

(can be single parents or couples that have a transgender or non-binary youth)

This group is for parents of transgender and non-binary youth. We will discuss various aspects of your kiddos' transgender journey, including gender identity, coming out, medical and physical options, and advocacy at the school level. The purpose of this group is to learn more about the transgender journey and to understand your transgender kiddos better, and provide a safe place for you to talk about how this journey has impacted you and your families.

Target Symptoms: Stress, Anxiety, Worry
Methodology: Psycho-education, Cinema Therapy, Humanistic Approach

