

Support Groups for Children Starting Soon!

Call now to reserve a spot!

Held after school and early evenings for children in Grades K-5

EQ/Social Skills Group

- ◆ **Communication**- practice skills such eye contact, tone of voice, and body language
- ◆ **Confidence**- fostering children's positive feelings about themselves and their accomplishments
- ◆ **Connectedness**- motivation and comfort in reaching out to others and have others enjoy their company
- ◆ **Curiosity**- teaching active listening skills; asking questions to show interest while respecting privacy
- ◆ **Conflict Resolution**- encouraging children to solve problems peacefully and generate solutions for win-win situations
- ◆ **Collaboration**- to help children learn the concept of teamwork and turn-taking

Divorce Support Group

- ◆ Dealing with and expressing feelings about changing family
- ◆ Understanding that divorce/separation is not the child's fault
- ◆ Stages of dealing with divorce
- ◆ Strategies in dealing with divorce
- ◆ Identifying common problems associated with divorce/separation
- ◆ Understanding positive ways family and group members can help in adjustment



Girl's Friendship Group

- ◆ Establishing and maintaining healthy friendships
 - ◆ Learning to work out fights
 - ◆ Dealing with being left out
 - ◆ How to handle bullies and cliques
 - ◆ Enhancing self-esteem
- ☺ Small group settings provide a forum for children to candidly disclose their thoughts, feelings, and beliefs. They also allow for the children to bond with others sharing similar concerns and situations.
- ☺ Groups are focused on individual needs and personal/social growth concerns.
- ☺ Groups are fun for children! They incorporate children's literature, hands-on activities, and educational games.

Group sessions are 1 hour and will run for 6 weeks. The cost per child is \$50/session.

[The Center for Family Development](#)

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Groups led by:

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