



PRETEEN / TEEN therapeutic groups

AGES 12 – 17

OUR APPROACH:

- Intervene early when problems arise to improve results
- Build upon a teen's strengths to help with challenges
- Use the expertise of a team of specialists to respect the whole teen

THERAPEUTIC GROUPS HELD AT:

Children's Health Council
650 Clark Way, Palo Alto, CA 94304

FOR MORE INFORMATION:

Call **650.688.3625** or email intake@chconline.org

Life Skills Group / Ages 12 – 14* / NEW GROUP

Group forming: Dates TBD

Corinne Callan, M.Ed. and staff TBD

Does your child need support in activities of daily living such as making change, taking public transportation or following a recipe? This group will help your preteen become more independent at home and in the community.

Cope Group / Ages 13 – 18* / NEW GROUP

MON 5:15 – 6:30 PM

Anna Parnes, Ph.D. and Bridget Stolee, M.A.

Is your teen struggling with the day-to-day pressures of being a teen such as peer pressure, teasing or bullying? Teens will discuss pressures and learn problem solving and resiliency skills to become a more confident teen.

*TBD based on enrollment

Break Out Group / Ages 13 – 18* / NEW GROUP

TUE 4:00 – 5:15 PM

Heather Kaech, M.A. and Bridget Stolee, M.A.

Is your teen shy, anxious and having difficulty expressing his feelings? Using art as the doorway to self expression, your teen will learn to express himself more freely and increase his self-esteem.

*TBD based on enrollment

Emotional Empowerment Group / Ages 13 – 18* / P / NEW GROUP

TUE 5:00 – 7:00 PM

Soledad Hammond, Ph.D. and Jacquenette Reyes, M.A.

Is your teen struggling with mood swings or engaging in behaviors that put him at risk? Is your relationship with your teen breaking down? Using the highly-renowned model of Dialectical Behavior Therapy (DBT), this parent-teen group gives your teen new skills to cope with emotional challenges and helps you restore your relationship with your teen.

*TBD based on enrollment

Call 650.688.3625 to discuss what your teen needs. Groups start in: winter, spring, summer and fall. Fees vary per group and financial assistance is available. Every group includes parent debriefing to help you translate the skills to life at home. **P** = A separate parent component is part of this group.