



# Child and Adolescent Groups

## Offered Each Semester

### Express Yourself Group

ages: 13-17

Productive, Positive, Proud. Teenage girls who struggle with depression and anxiety will focus on building skills for improving relationships, with self and others. Group participants will explore their internal and external responses to their environment and the people who touch their lives, increasing self-esteem and becoming more resilient.

### Social Skills Group

ages: 3-16

Child and Parent attend  
Children learn and practice social skills including taking turns and being a team player. Parents learn and practice skills to manage their child's Autism.

### Teen Boys Group

ages: 15-17

Teens learn and practice strategies to reduce sadness, anger, anxiety and worry. They learn skills to control their emotions and become more resilient.

### Addiction Recovery Teen Group

ages: 15-17

Adolescents develop coping skills to reduce negative dependence on addictive substances and behaviors.

### Tuesday Night Happy Hour

ages: 6-12

Child and Parent attend  
Children learn ways to decrease feelings of sadness, anger, anxiety and worry. They also learn strategies to become resistant to everyday stressors. Parents learn and practice skills to manage their child's depression/anxiety.

### ADHD Support Group

ages: 6-12

Child and Parents attend  
Children learn ways to control hyperactivity, impulsivity and increase concentration. Parents learn and practice skills to manage their child's behaviors associated with ADHD.

### Temper Tamers Group

ages: 2-6

Child and Parent attend  
Children learn to manage their behaviors by practicing positive coping skills. Parents learn and practice skills to manage their child's temper tantrums.



Some support groups may require an intake or interview to participate. Please contact us for more information or to register: Island Therapy

Solutions 5030 Anchor Way, Suite 7

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# Adult Support Groups

Offered Each Semester

## Living through Loss

Individuals learn and practice ways to decrease their sadness and grief. They are able to safely speak about their traumas and find ways to control their feelings towards it.

## Addiction Recovery Group

Individuals receive support for recovering from addictive behaviors. They also learn and practice skills to reduce their risk for relapse.

## Finding your Joy

For woman experiencing depression and anxiety, will utilize relaxation and mindfulness practices, storytelling, expressive arts and play to re-write core shame, anger, loss and grief, reclaiming a sense of joy in life.

## Men's Anger Group

Men will understand the emotional dynamics of anger, observe and deconstruct their negative thinking patterns and their anger triggers. Emphasis will be placed on handling conflict situations successfully, feeling management and creating a more healthy and accountable lifestyle.

## LGBT-Q Community Support

Individuals receive support and learn ways to deal with discrimination. They also learn and practice skills to reduce any sadness and worry (depression/anxiety) they experience in their everyday lives.

## Caring for the Caregiver

Caregivers of individuals with Alzheimer's and Dementia learn and practice self-care including relaxation techniques and community support systems. They learn strategies to pay attention to their mind, body, and soul.

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