

GROUP COUNSELING SERVICES



Family Service & Community Mental Health Center

4100 Veterans Parkway

McHenry, IL 60050

(815) 385-6400

www.familyserviceonline.org

CHILD & ADOLESCENT GROUPS		
GROUP NAME	DURATION	DESCRIPTION
Confident Kids (3 rd to 6 th graders)		Bullying is a widespread and serious problem that can happen anywhere. It is not a phase children have to go through, it is not "just messing around", and it is not something to grow out of. Bullying can cause serious and lasting harm. This group will help children who are victims of bullying.
Changes & Choices (ages 13 to 17)	Open Enrollment 10 WEEKS	A co-ed group focusing on common errors in thinking that often lead people into trouble with the law, parents, family, school, and/or work. Learn healthy alternatives to these behaviors & thinking errors to get your life back on track.
Exhale	Open Enrollment – 10 weeks;	This group is for children & teenagers diagnosed with anxiety, panic disorder & obsessive-compulsive disorder or experiencing mild anxiety related to life problems. We will be using cognitive behavioral therapy, relaxation training & communication building to decrease anxiety & build confidence.
Expressions I & II Divorce Group (ages 7 to 9 for I and ages 10 to 12 for II)	Limited Enrollment	Utilizes sandtray therapy to facilitate understanding & acceptance of divorce, expression of internal thoughts & emotions, & development of coping strategies. Appropriate for children going through divorce, whose parents were divorced in the past, or whose parents were never together or are/were separated.
Family Night	8 WEEKS	Family Night is an 8-week program for children & parents that focuses on learning new parenting skills, practicing communication skills, increasing respect in your family, learning social skills & coping strategies.
Focus Factor (ages 7 to 8)	Open Enrollment 8 WEEKS	Group therapy focused on increasing positive social skills & developing effective coping strategies, as well as providing parents with appropriate psychoeducation & ways to generalize skills to home & school environments. Appropriate for diagnosis of ADHD.
Focus Factor (ages 9 to 12)	Open Enrollment 8 WEEKS	This group is for children diagnosed with ADHD. Topics include self-esteem, social skills, problem solving skills, conflict resolution, & organization. Parents are provided with information needed to apply skills at home & school.
Incredible Years	20 WEEKS	This group helps to improve your relationship with your child. It helps families to reduce behavior problems & increased pro-social behaviors. Meal is provided.
Play Group I (ages 36 to 54 months)	Limited Enrollment 10 WEEKS	Utilizing child-centered play therapy to assist children with learning to express emotions appropriately, process internal & external stressors, & develop age-appropriate social skills. Not appropriate for children with sexualized behaviors
Play Group II (ages 55 to 72 months)	Limited Enrollment 10 WEEKS	Utilizing child-centered play therapy to assist children with learning to express emotions appropriately, process internal & external stressors, & develop age-appropriate social skills. Not appropriate for children with sexualized behaviors.
Sketchbook	8 WEEKS	Expressing feelings through artwork, learning, & practicing new coping skills.
Transformations (girls ages 14 to 17)	Open Enrollment 12 Weeks	Using Dialectical Behavior Therapy (DBT), group members will learn to ID & manage their emotions, reduce impulsivity, & eliminate self-destructive behaviors. Art projects & mindfulness skills will support & increase newly acquired skills.

Please contact the Access Department for additional information. 815-385-6400 ext. 2919

Listing updated 08/09/11