

Child And Adolescent Program Groups

Child And Adolescent Program	Serving McHenry County Residents	For All Groups Call (815) 385-6400	
GROUP NAME - Contact Name and Extension Numbers Below	TIME	DURATION ENROLLMENT	DESCRIPTION
<p style="text-align: center;">Changes & Choices</p> <p>Stephanie Strumberger, LCPC Ext 2465 Rebecca Liefield, LCPC Ext 2459 Jamie Pitzman, MA, LCCTC Ext 2426</p>	Mondays	10 Week Group Call For Enrollment	Co-ed group, ages 12-17 focusing on common errors in thinking that often lead teens into trouble and healthy alternatives to use to meet those needs
<p style="text-align: center;">Life 101</p> <p>Emily Legner, Ext 2460 Mary Jo Miller-Razik</p>	Mondays 4:00-7:00pm	8 Week Group	For Youth 16-21. Friendship, Field Trips, Adult Living Skills, Recreational Activities, Dinner Provided
<p style="text-align: center;">Free Spirits</p> <p>Joann Herman, LCPC, ext 2475</p>	Call For Day & Time	Open Enrollment	A group for Junior High females ages 10-13 focusing on the development of positive relationship, self-esteem, communication, values, problem solving, insight and expression of feelings.
<p style="text-align: center;">Diabetes</p> <p>Laura Deterville, LCPC, C&A Therapist Ext 2476</p>	TBA	Group In Formation	Co-ed group for Teens with Type 1 Diabetes. Peer support, education, adult support
<p style="text-align: center;">Friendship I</p> <p>Teresa Robertson, MA, LCPC ext 2478</p>	Thursdays 5:30-6:30pm	8 Week Group Open Enrollment	Co-ed group for 6-8 year olds, focusing on the development of empathy, social skills, self esteem, peer relations and expressions of feelings.
<p style="text-align: center;">Friendship II</p> <p>Joann Herman LCPC ext 2475 & Laura Shekut, LCPC ext 2476</p>	Thursdays	10 Week Group Open Enrollment	Co-ed group for 9-12 year olds focusing on the development of positive relationships, self-esteem, communication, values, problem solving, insight and expression of feelings
<p style="text-align: center;">Girl Talk</p> <p>Teresa Robertson, LCPC, ext 2478</p>	Mondays 7:00pm-8:30pm	10 Week Group Open Enrollment	A group for 14-18 year old females focusing on the development of positive relationships, self-esteem, communication, values, problem solving insight and expression of feelings.
<p style="text-align: center;">Kids Group</p> <p>Laura Shekut, LCPC, ext. 2476</p>	Monday	8 Week Group	A Co-ed group for pre-school aged kids focusing on the development and practice of basic Social Skills, including self-esteem and expression of feelings.
<p style="text-align: center;">Positive Parenting Group</p> <p>Barb Easterday, LCSW ext 2474</p>	Wednesdays 5:30-7:00pm	8 Week Group	For Parents. Will help to understand and apply basics to improve family situations
<p style="text-align: center;">The Focus Factor</p> <p>Melissa Babakhani, BA Ext 2482</p>	Mondays 6:00-7:30pm	10 Week Group	Serving elementary school age children ages 9-12 diagnosed with ADHD. Group will focus on development of self-esteem, coping skills, behavior management, self monitoring skills and stress management.
<p style="text-align: center;">DBT for Teens</p> <p>Rebecca Liefield, LCPC ext 2459</p>	Tuesdays 6:30-7:45pm	Open Enrollment	Addresses the needs of high school females, ages 14-17, that are at risk for or have had previous psychiatric hospitalization for self-injurious behaviors, suicidal ideations and gestures.
<p style="text-align: center;">Sketchbook Club</p> <p>Abby Viohl, MSW & Rebecca Levine, MSW, Ext 2429</p>	Mondays 5:30-6:30pm	10 Week Group	Ages 8-12. Expressing feelings through art-work, learning and practicing new coping skills. Supplies furnished.
<p style="text-align: center;">Navigators</p> <p>Laura Shekut, LCPC ext 2476 & Stephanie Struberger, LCPC ext 2465</p>	Tuesdays	8 Week Group	Addresses the needs of children in the Autistic Spectrum. Focuses on self-esteem, expressing feelings, social skills and life experiences.
<p style="text-align: center;">Let's Get Creative</p> <p>Abby Viohl, MSW Ext 2529</p>	Mondays 6:30pm	10 Week Group	Ages 9-1. Express emotions through writing, art and movement.



FAMILY SERVICE & COMMUNITY MENTAL HEALTH CENTER

"Helping People Help Themselves Since 1959"

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