

Social Groups



Now Enrolling for in person group!



This group is designed to increase comfort level in social situations. Participants learn & practice new social skills each week. Skills include how to start, maintain, & end conversations. Focus on self-awareness & feeling empowered in relationships.

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Children Ages 5-8

Monday's at 5:15pm

8 weeks

Start date TBD

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Children Ages 9-12

Day and Time TBD

8 weeks

Start date TBD

~

Teenagers

Day and Time TBD

8 weeks

Start date TBD

Contact Dr. Nicole LaRocco today

therapyforfamily@gmail.com

therapyforfamily.com

1-630-570-0525 Call or Text

15 Spinning Wheel Road #418 Hinsdale IL 60521

Groups held in Lower Level Conference Room

Cost: \$70 each 60-minute group. If requested, your Out of Network Visit will be submitted to BCBS, UHC, Aetna, or Cigna.

Teen Social & Emotional Skills



**VIRTUAL GROUP
NOW ENROLLING**
clients in
CO, IA, IL, & IN



Teenagers spend time learning more about their emotions. Cognitive Behavioral Therapy is used to build a foundational understanding of how thoughts combined with emotions impact our behaviors. The group works to provide a safe place where participants are encouraged to tolerate and cope through emotions. Participants increase their emotional tolerance by practicing effective communication and use of stress tolerance tools with each other. We will spend a portion of each group practicing a new coping skill.

~
8 weeks
Start day & time TBD

Interested?

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