

# 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

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## **Teenagers**

Day and Time TBD

8 weeks

Start date TBD

Contact Dr. Nicole LaRocco today

[therapyforfamily@gmail.com](mailto:therapyforfamily@gmail.com)

[therapyforfamily.com](http://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.

# Kids Social & Emotional Skills

Now Enrolling for in person group!



This group is designed to increase your child or teens comfort level and self-awareness in social situations.

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.

## **Children Ages 6-8**

Tuesday's at 4pm

8 weeks

Start date TBD

## **Children Ages 9-12**

Tuesday's at 5:15pm

8 weeks

Start date TBD

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