

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?

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.

Adult Groups

VIRTUAL groups NOW ENROLLING
for clients in CO, IA, IL, & IN.



Social Group

This group is designed to increase your comfort level in social situations. Adult participants learn & practice new skills each week. Including how to start, maintain, & end conversations. Also, how to keep a conversation going. What is a healthy vs an unhealthy communication. Focus on self-awareness & feeling empowered in relationships.

Social and Emotional Regulation Group

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.

Enhance Executive Function & Improve Emotion Regulation

Use Cognitive Behavioral Therapy to examine thoughts, emotions, & behaviors. Practice coping skills in group to lower emotion. Group members work together to provide a safe place to explore ways to change & enhance behavior.

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