

Children's Program Summer Groups & Classes 2017

DE-STRESS, TARGET, AND CHILL

Sandra MacPhail, Ph.D. and Jennifer Abeles, LPC

1 Parent Orientation, Tuesday June 13 2017 5:00 – 6:00 p.m.

6 Student Sessions, Tuesdays, beginning June 20, 2017, from 4:30-6:00 p.m. (no class July 4) (billable to insurance).

Mindfulness has been found to help reduce stress, anxiety, and depression, and may be as helpful as therapy or medication. High school girls will learn to focus their minds through mindfulness practices (including yoga) in order to become more aware of thoughts and feelings that lead to stress, worries, depression, and relationship problems. Group is limited to 8 girls.

\$350 per child. Child sessions (\$300) are insurance billable.

Register by calling the Children's Program, 503 452-8002 or visit the front desk.

SKILLS FOR MIDDLE SCHOOL SUCCESS

Allan Cordova, Ph.D.

August 7, 8, & 9, 2017 9:30 – 11:00 a.m.

Students and parents attend this class together to improve academic motivation, goal setting, attention, memory, organization and other executive functions that are central to academic achievement. Consider the changing role of parents during the transition to middle school and then into high school. This is a positive skill-building class and will not address behavioral issues. \$240 (non-insurance billable)

MANAGING BACK TO SCHOOL ANXIETY

Allan Cordova, Ph.D.

August 14 & 15, 2017 5:00-6:30 p.m.

In this interactive workshop for parents, we'll discuss common triggers for back-to-school nervousness and anxiety; strategies to proactively address and manage school-related stressors; and tips for managing parental worries as the school year gets under way. \$120 (non-insurance billable)

NOT IN THE PARENTING MANUAL: HOW TO TALK WITH TEENS ABOUT PORNOGRAPHY

Allan Cordova, Ph.D.

1 Parent meeting, Wednesday, August 16, 2017 4:00-6:00 p.m.

Online exposure to pornography is widespread. Whether accidental or intentional, access has never been easier. With more than 90% of teens going online daily, and nearly one quarter of teens saying they go online "almost constantly," the likelihood of kids and teens encountering porn isn't a matter of "if" but "when." This workshop will explore what is known (and what isn't) about how exposure to and consumption of pornography affects youths' development, relationship expectations and sexual behaviors. We will encourage parents to challenge some of their assumptions and grapple with the emerging science in a supportive environment. We will also discuss strategies to help parents talk with and respond to their kids as they navigate the digital landscape. \$90 per family.

***Registration packets are available at the office or online**

at: <http://www.childrensprogram.com/forms-2/forms>

or mailed upon your request by calling (503) 548-4844.

****Groups that are billed to insurance require a deposit. Please note that**

copayments/coinsurance/deductibles may apply to covered sessions

If you are registering for a group, please note: Many groups are limited in size. Cancellations within 4 business days of the start of the class incur a \$35 processing fee.

LOOK FOR THESE CLASSES IN THE FALL

PAY ATTENTION TO ATTENTION – (Intensive Weekend Format) Jeff Sosne, Ph.D.

This group is designed for elementary aged children with primary weaknesses in effortful, executive, “everyday” attention. (Please note: children with self-control/attention problems are better served in the Beginner’s AD/HD Group.) Students will learn the importance of giving teachers and tasks their undivided attention. Attention training games will help students improve their ability to sustain attention, shift focus and monitor task activity. Parents will learn how to light up their children’s attention center and work within their child’s attention span. The weekend begins with a Friday night class for parents-only. Students and parents will then meet on both Saturday (9:00 – 12:00) and Sunday (9:00-12:00) mornings for the group activities. This group requires a specialized registration packet available at the office, online at www.childrensprogram.com (General Forms page) or mailed upon request. The cost is \$320. This weekend group is NOT insurance billable.

BEGINNER’S AD/HD GROUP – Jeff Sosne, Ph.D.

This group teaches children struggling with self-control and/or attention (AD/HD) to work productively and behave appropriately within group settings. This program introduces behavioral, cognitive and emotional regulation skills that are reinforced through specially designed peer group activities. The group model encourages peer support and enables the children to learn from each other. Parents observe to learn and then apply the concepts at home. There will be 10 sessions (2 parent meetings and 8 kid sessions). This group requires a specialized registration packet. It is available at the office, online at www.childrensprogram.com (General Forms page) \$500. Student sessions-only (\$400) are insurance billable.

SEEING MY TIME – Jennifer Simon-Thomas, Ph.D.

This is a hands-on class for parents and their middle school or early high school students who struggle with getting their work turned in on time, organizing their things, getting work done before play, etc. We will use a workbook to teach skills that kids can use right away. There is a focus on visual supports to make time tangible. We will also talk about brain development, the connection between the brain and behavior, and offer tools to help those of us who struggle with time management. The ultimate goal is to help kids get done what needs to be done, so that they can do the things that they enjoy. This is a seven-week class that builds upon itself. Parents and students participate together. Group size is limited to 8 students and a parent(s). An initial consultation (\$150) is required for families who are not current patients. \$350 + \$20 for workbook. Sessions may be billable to insurance. Pre-registration with a specialized registration packet is required.

THE INCREDIBLE YEARS – Rose Eagle, Ph.D. and Nichole Sage, Psy.D.

This research-based curriculum is designed to support parents and children ages 4-6 with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. Parent and child sessions are held in separate rooms simultaneously. Families learn to improve their child’s coping, self-regulation and social skills and decrease negative behaviors at home and/or at school. Sessions are fun, supportive and positive. Families leave with tools for every-day use. An initial consultation (\$150, billable to insurance) is required. Group size is limited. A discounted rate is available for families without health insurance coverage. Both parent and child sessions may be billable to health insurance. Participating families will receive a specialized registration packet to be completed prior to the first session. The cost is \$600.

4th and 5th GRADE GIRLS GROUP

Kayla Hoskins, M.S., CSWA – This is a 6-week group for girls who may have trouble creating and/or maintaining friendships, problems processing their emotions and exhibit low-self-esteem or overall negativity. Through group discussions and activities designed to help promote problem-solving and coping strategies we will address common themes that occur at this age, including navigating a growing social world, building up a health self-image and managing the stress that comes with increasing responsibilities at home and school. Thursdays from 4:00-5:00 p.m. The cost is \$180 per child. This group is not insurance billable. Group size is limited to 6 girls.