

***CHILDREN'S PROGRAM GROUPS AND CLASSES
WINTER 2018***



**For more information about these groups and classes
visit our website at www.childrensprogram.com
or call our office at 503 548-4844**

**The Children's Program
6443 SW Beaverton Hillsdale Highway #300
Portland, OR 97221**

COFFEE CLUB: A SOCIAL GROUP FOR TEENS

Robin Goldberg, MA, CCC-SLP and Kayla Hoskins, MS, CSWA

6 Tuesdays, beginning January 9, 2018

4:00 – 5:00 p.m. for girls ages 12-14 y/o

5:15 – 6:15 p.m. for boys and girls ages 15 – 19 y/o

This is an opportunity for teenagers with pragmatic language impairment, social anxiety, autism spectrum disorders, and/or related social and emotional challenges to strengthen and expand social experiences in a less structured, more naturalistic setting. This group meets Tuesday afternoons (girls ages 12-14) and evenings (ages 15 – 19 y/o) at Starbucks in Raleigh Hills for drinks and treats, while working on social communication and relationship skills, including: initiating conversation, joining/entering into a group conversation, assessing listeners' interests, sharing conversation control (reciprocity, talking about less preferred topics), social politeness (using a "social fake"), and developing friendships. Clients will have a supportive opportunity to practice important skills for independence, such as arriving on time, ordering food/drinks and managing money. The cost of the series is \$300 for 6 weekly sessions (does not include the cost of food/drinks). A 30-minute interview is required for current clients at no cost. New clients must schedule an initial consultation with one of the group leaders (\$105). For more information call 503) 548-4844.

GIRLS GROUP

Kayla Hoskins, M.S., CSWA

(on-site supervisor, Jeff Sosne Ph.D.)

6 Wednesdays, beginning January 10, 2018, 5:00 – 6:00 p.m.

This group is for girls' age 9 – 12 y/o to explore their ever-changing selves and relationships. 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 healthy self-image and managing the stress that comes with increasing responsibilities at home and school. We address many different areas of a young girl's life, including creating and/or maintaining friendships, processing emotions, and self-esteem or overall negativity. The cost is \$180 per child (non- insurance billable). A 30-minute consultation is required if your child is not a current patient at the Children's Program (\$45). Call (503) 548-4844 to schedule.

THE INCREDIBLE YEARS

Rose Eagle, Ph.D. and Nichole Sage, Psy.D.

Monday Group: 12 Mondays, beginning January 15, 2018, 4:00 – 5:15 p.m.

Tuesday Group: 12 Tuesdays, beginning January 16, 2018, 4:00 – 5:15 p.m.

(No meeting March 26/27 Spring Break Week). Classes end on April 9th/ 10th, with an optional make-up class the following week.

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 (\$210, billable to insurance) is required. Group size is limited. A discounted rate may be available for families without health insurance coverage. Participating families will receive a specialized registration packet to be completed prior to the first session. The cost is \$1200 (this includes 12 parent group sessions and 12 child group sessions which occur simultaneously). Both parent and child sessions are billable to health insurance. Space is limited. Call (503) 548-4844 for availability and additional information.

SEEING MY TIME

Jennifer Simon-Thomas, Ph.D.

7 parents/student meetings: Tuesdays, starting January 23, 2018, 5:15 – 6:15 p.m.

Does your child struggle to get work done well and on time? Then this is the class for you. This is a hands-on class for 8th to 10th graders, who struggle with time management, work initiation/completion, organization and overall ability to get work done before play. The Seeing My Time program was developed by Marydee Sklar and focuses on making time tangible. We will discuss brain development, the connection between the brain and behavior, as well as offer easy-to-use tools to increase executive functioning skills. This is a seven-week class that builds upon itself. Parents and students participate together. Group size is limited to 8 students. One parent must attend every session. If you are not a current patient at the Children's Program an initial consultation (\$210) is required. Call (503) 548-4844 for availability. \$350 + \$40 for workbooks. Sessions are insurance-billable.

BEGINNER'S AD/HD GROUP – INTENSIVE WEEKEND FORMAT

Jeff Sosne, Ph.D.

1 Parent meeting, Thursday, January 28, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, January 30 and 31, 8:30 – 11:30 a.m.

The new weekend group format meets the needs of busy families, avoids excessive travel time and utilizes the concept of intensive practice. This group teaches elementary children, 7 – 11 years of age, 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. The weekend begins with a Friday evening class for parents-only. Students and parents will then meet on both Saturday (9:00 a.m.– 12:00 p.m.) and Sunday (9:00 a.m. -12:00 p.m.) 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. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150.

Call (503) 548-4844.

PAY ATTENTION TO ATTENTION - (INTENSIVE WEEKEND FORMAT)

Jeff Sosne, Ph.D.

1 Parent meeting, Friday, January 29, 2018, 6:00 – 8:00 p.m.

2 parent/student meetings: Saturday and Sunday, January 30 and 31, 2018, 1:00 – 4:00 p.m.

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. There will be a new opportunity for parents whose children are too young/old to attend the group. These parents may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150. For information or to register call (503) 548-4844.

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

Allan Cordova, Ph.D.

1 Parent meeting, Thursday, February 8, 2018, 5:30 – 7:00 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 parent/couple.

PARENTING ANXIOUS CHILDREN

Allan Cordova, Ph.D.

2 Parents’ meetings, Wednesdays, March 7 and 14, 2018, 5:30 – 7:00 p.m.

Build a “tool kit” so you and your child will have strategies to manage worries and anxiety. This two-session class is for parents of 9 - 14 year-olds who struggle with excessive or hard to control worry. We will talk about the different ways anxiety presents itself, identify your child’s trigger points and develop an understanding of how anxiety affects the lives of children and families. You will be ready to assist your child if/when worries present. \$90 per parent/couple.

TANTRUMS, MELTDOWNS AND RAGE: PARENTING STRATEGIES FOR CALMING THE STORM

Ally Burr-Harris, Ph.D.

Parents of children 5-11 years: 3 Mondays, April 9, April 23, May 7 from 6:00 – 8:00 p.m.

Parents of children 12 and older: 3 Mondays, April 16, April 30, May 14 from 6:00 – 8:00 p.m.

This is a workshop for parents whose children are prone to emotional outbursts. We will review strategies for catching your child before the storm, calming your child if he/she has passed that “critical window,” and preventing future meltdowns from occurring. We will also review strategies for parents to stay calm in the face of a child’s outburst. This workshop is for parents and caregivers only. \$180 individual/or family (non-insurance billable).

Coming this Spring:

Trauma Recovery for Youth with Ally Burr-Harris

Parenting Tools to Support a Child with a Chronic Health Condition with Maggie Stoeckel