

# Children's Program

## GROUPS AND CLASSES – WINTER 2019

### GIRLS GROUP

**Kayla Hoskins, M.S., CSWA**

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

**6 Meetings for Girls, Tuesdays 4:00 – 5:00 pm**

**January 29 – March 5, 2019**

*Limited to 8 participants*

In this group, girls ages 9 – 12 y/o will 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, such as: 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 maintaining friendships, processing emotions, and self-esteem or overall negativity.

**Cost: \$180.00** (non-insurance billable)

*If your child is not a current patient at the Children's Program, we will require you to attend a no-charge 30-minute consultation.*

### SEEING MY TIME

**Jennifer Simon-Thomas, Ph.D.**

**7 Meetings for Parents and Students, Tuesdays from 5:30 – 6:30 pm**

**February 5, 2019 - March 19, 2019**

*Limited to 10 students*

Does your child struggle to get work done well and on time? Then this is the class for you. The Seeing My Time program was developed by Marydee Sklar and focuses on making time tangible. This is a hands-on class for middle and high school students who struggle with time management, work initiation/completion, organization, and overall ability to get work done before play. 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. One parent must attend every session.

**Total Cost: \$390.00**

**[\$350.00 (insurance billable); plus \$40.00 workbook fee (non-insurance billable)]**

*If your child is not a current patient at the Children's Program, an initial consultation (\$210.00) is required. A specialized registration packet must be completed once accepted in the group. Please call to check availability.*

Once accepted, follow links to REGISTER and complete your PACKET.

## **BEGINNER'S AD/HD GROUP – INTENSIVE WEEKEND FORMAT**

**Jeff Sosne, Ph.D.**

**1 Parent meeting, Thursday, March 7, 2019, 6:00 – 8:00 pm**

**2 parent/student meetings: Saturday and Sunday, March 9 & 10, 2019, 10:00 am – 12:00 pm**

**1 Parent meeting, Thursday, April 4, 2019, 6:00 – 8:00 pm**

This group teaches elementary school age 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. The weekend begins with a Thursday night class. This meeting includes parents from both the Beginners' Group and Paying Attention to Attention Group. Students and parents will then meet on both Saturday, March 9 and Sunday, March 10 from 10:00–12:00 p.m. for the Beginners' Group activities. This group requires a specialized registration packet available at the office, online at [www.childrensprogram.com](http://www.childrensprogram.com) (General Forms page) or mailed upon request.

**Cost: \$280.00** (non-insurance billable) *Parents whose children are too young/old to attend the group may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150.00.*

Group (\$280) and complete packet

Parent Observation ONLY (\$150)

## **PAY ATTENTION TO ATTENTION - INTENSIVE WEEKEND FORMAT**

**Jeff Sosne, Ph.D.**

**1 Parent meeting, Thursday, March 7, 2019, 6:00 – 8:00 pm**

**2 parent/student meetings: Saturday and Sunday, March 9 & 10, 2019, 1:00 – 3:00 pm**

**1 Parent meeting, Thursday, April 4, 2019, 6:00 – 8:00 pm**

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 Beginners' 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 Thursday night class. This meeting includes parents from both the Beginners' Group and Paying Attention to Attention Group. Students and parents will then meet on both Saturday, March 9 and Sunday, March 10 from 1:00 – 3:00 p.m. for the Pay Attention to Attention group activities. This group requires a specialized registration packet available at the office, online at [www.childrensprogram.com](http://www.childrensprogram.com) (General Forms page) or mailed upon request.

**Cost: \$280.00** (non-insurance billable) *Parents whose children are too young/old to attend the group may attend the evening informational meetings and observe the group sessions for a reduced cost of \$150.00.*

Group (\$280) and complete packet

Parent Observation ONLY (\$150)

## **THE INCREDIBLE YEARS: Parents Only Group**

**Mariko Clark, M.A., L.P.C.**

**12 Parent Meetings, Wednesdays from 10:00 – 11:30 am**

**January 16 – April 10, 2019 (No meeting on March 27th)**

*Limited group size.*

This research-based curriculum is designed to support parents of children aged 3-8 years old with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. The 12-week program builds on itself to support parents in self-care, and provide tools 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. Parents leave with tools for every-day use, and skills to practice at home.

**Cost: \$420.00** (non-insurance billable)

*If your family is new to the Children's Program (or has not had an appointment within the last year), a 45-minute initial consultation (\$35.00, non-insurance billable) is required. Please call 503-802-0977 to check availability. Participating parents will receive a specialized registration packet.*

## **UNDERSTANDING AND MANAGING ANXIETY**

**Allan Cordova, Ph.D.**

**2 Parent Sessions, Wednesdays Feb. 6 & Feb. 13, 2019 from 5:00 to 6:30 pm**

In this workshop, parents will develop a deeper understanding of childhood anxiety, and refine their toolkit for supporting children in managing stress, worry, and phobias. The 2-session workshop will be organized around these 5 questions:

- What is anxiety?
- How does it affect children?
- What are your child's trigger points?
- What impact does your child's anxiety have on your family?
- How does your child's anxiety affect you personally?

**Cost: \$120.00** (non-insurance billable)

## **SUPPORT FOR ADOPTIVE PARENTS (SAP)**

**Ally Burr-Harris, Ph.D.**

**Kayla Hoskins, M.S., CSWA**

**5 Meetings, 3rd Monday of the month 5:30 – 7:00 pm**

**February 18, March 18, April 15, May 20 and June 17, 2019**

*Limited to 10 families.*

This is a monthly support group for adoptive parents. Meetings will include an educational component about key issues impacting adoptive families, and time will also be allotted for parents to give and receive support from one another related to their own family situations. Educational modules will include: impact of early trauma and attachment disruption, strengthening parent-child attachment, birth family issues, talking about adoption with your child and others, and adoption and identity. This 5-month series of support groups will repeat September through January, but educational modules may change depending on parent interest.

**Cost: \$300.00/family** (non-insurance billable)

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

**Ally Burr-Harris, Ph.D.**

**Kayla Hoskins, M.S., CSWA**

**3 Meetings, Mondays 5:30 – 7:30 pm**

**April 8, April 29, & May 13, 2019**

*For parents/caregivers of children ages 8 +. Limited to 10 families.*

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 a child who 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.

**Cost: \$180.00 individual/or family** (non-insurance billable).

## **GET FIRED UP TO TAME YOUR TEMPER – A Class for Students and Parents**

**Jeff Sosne, Ph.D.**

**Michael Schwartz, Ph.D.**

**Understanding Anger: The Kindling, Spark, & Flame – Monday, February 25, 5:00 – 6:30 p.m. Tackling**

**Triggers: Saturday, March 2 - 8:15am – 12:30 p.m. *This is a three-part class about managing different triggers.***

**Calm-Down Strategies: Monday, March 11, 5:00 – 6:30 p.m.**

**Make It Right: Monday, March 18, 5:00 – 6:30 p.m.**

**Closing Meeting: Feedback & Follow-Up Questions: Monday, April 8, 5:00 – 6:30 p.m.**

This class is designed to help 3rd - 5th graders handle the triggers that get them FIRED UP (frustration, interruption, request/refusals, expectations, disappointment, unfairness, peer provocation). Instead of reacting to anger episodes, we can proactively teach children to handle things that push their buttons. Once they understand the nature of anger and their triggers, the calm down strategies and making amends processes become more effective.

**Cost: \$400.00/child** (non-insurance billable—includes workbook).

REGISTER by calling 503-802-1195

## **Childhood Emotion Regulation Skills 101**

**Rose Eagle, Ph.D.**

**Nichole Sage, Psy.D.**

*For parents/caregivers of children ages 3 – 8*

**1 Meeting, Thursday 6:00 – 8:00pm**

**January 24, February 21, March 21, April 25, or May 23**

Are you a parent who is questioning whether your child could benefit from therapy? Do you want to know what to expect from treatment? Would you like tips to help you and your child acquire emotion regulation skills more quickly? Then this is the workshop for you.

We will impart foundational knowledge about emotion regulation in children, resources available to families, the psychological evaluation process, and more. Also, we will familiarize you with the distinct roles of developmental and behavioral pediatricians, psychologists, and psychiatrists in treating children.

**Cost: \$50.00** (Non-insurance billable)

