

Emotion Regulation Group

Offered by Kim Marohl, LPC

For: Adolescents (ages 14-17)

Purpose: To learn skills in managing and expressing emotions

Goals:

- How to keep emotions in perspective
- Making a positive thought grow
- Observing and experiencing emotions in a non-judgmental way
- Self-soothing
- Avoiding crisis
- Tolerating stress
- Improving relationships

When: The group will meet for 8 sessions on Thursdays from 4:30 – 6:00.
The dates of this group are as follows: 2010

February 18	March 18 (with parents)
February 25	March 25
March 4 (with parents)	April 1 (with parents)
March 11	April 8

Where: American Foundation Of Counseling Services
130 E. Walnut Street, 7th Floor
Phone 437-8256

Some medical assistance, some health insurance, and sliding fee accepted.

