

THE CREATE • CONNECT • COPE EXPRESSIVE THERAPY GROUP WITH SOCIAL SKILLS

The CREATE, CONNECT, COPE Expressive Therapy Group will use Art, Movement/Dance, and Music to help your child learn healthy and creative coping skills to deal effectively with anger, boredom, anxiety, hyperactivity, and impulsivity. This group is now adding a social skills component to allow children to learn appropriate social skills and listening techniques. A diagnosis is not necessary and any elementary school aged child in need of learning alternative coping skills will benefit. The next group begins on **October 27th** and will run for 6 weeks. It will be held on **Tuesday's from 5 – 6 p.m.** at Bremen Youth Services. The group costs \$10.00 per group session, totally to \$60.

Please contact Samantha Greenwald, MA with any questions at 708-687-9200.

Call and sign-up your child today, space is limited!!



MOVEMENT AND DANCE

Movement/Dance includes the therapeutic use of dance, yoga, and relaxation techniques. This will help youth gain increased impulse control, frustration tolerance, increased self-esteem, and improved socialization skills.



ART

A variety of techniques including drawing, painting, clay, collage, and sculpture will be utilized to target issues of impulsivity, hyperactivity, inattention, and emotional expression.



SOCIAL SKILLS

A variety of strategies will be used to help the children gain a better understanding of a variety of social situations and cues along with improved listening skills.