

GENERAL GROUP OFFERINGS

GROUPS FOR ADULTS & FAMILIES

Parent Stress Management/Coping Group: This group is designed for parents that want to learn skills and gain support to help them better manage the stress associated with raising their children, running their household and maintaining their marriage/relationships. Parents will share with each other their experiences, successes, challenges and struggles. Learning techniques for better self-care, more effective communication, time management, emotional regulation, and organization will be a priority. Overall participants will work to improve one's effectiveness as a parent and spouse and to enhance one's overall quality of family life. The lead facilitator of this group is Jennifer Roberts, Psy.D.

Family Communication Skills Group: This group will involve both parents and their children and will focus on improving how parents and children understand and communicate with each other. Families will share their experiences, challenges and successes with each other and offer feedback and validation. Families will practice communicating with each other and benefit from the feedback of the group. The goal of this group is to help families build the skills necessary to enhance their relationships so that they can more effectively manage challenges. Participation is limited to 2-4 families. The lead facilitator of this group is Jennifer Roberts, Psy.D.

Adult Process Group: This group is designed for adults with mental health challenges that impact their daily living and level of functioning. Members will share their own experiences and provide support and feedback to one another. Facilitators will work to help the members communicate effectively, develop compassion and empathy, problem-solve and cope more effectively. Overall the goal of this group will be for members to better understand themselves through the experience and feedback of others. The lead facilitator of this group is Jennifer Roberts, Psy.D.

Growing through Grief: Grief is a universal experience and yet each of us experiences it uniquely. The emotions of grief can be debilitating, or they can open us to a deeper, more authentic way of living. Participants in this group will review the concept of grief as presented in popular literature and explore her/his own experience(s) of grief. The group aims to provide support to those who are mourning the loss of a loved one and to open participants up to new ways of understanding their experience. This group is best suited for adults who are grieving the death of a family member or friend. This group will be led by Ms. Margaret Brennan.

Everyday Mindfulness: Increasingly, psychologists as well as spiritual counselors are turning to practices mindfulness to help their clients manage the stress of everyday life and to cultivate a meaningful sense of purpose. This group will look at several traditional forms of "mindfulness," and offer the opportunity to practice these in the group. Mindfulness does not require any particular religious or spiritual beliefs, and is available to all who desire to become more aware and awake in their daily life. This group is intended for adults who are seeking a vital connection to their everyday lives. This group will be led by Ms. Margaret Brennan

GROUPS FOR TEENS & ADOLESCENTS

Self Esteem/ Values Group: This is a 75 minute long process oriented group that integrates the teachings and utilization of Cognitive Behavioral Therapy (CBT). Through group exercises, art projects, and discussions, clients will explore their strengths, positive attributes, and talents. Clarification of personal values will also be explored. The primary goals of this group are to increase confidence, improve self-esteem, gain a better understanding of values, improve assertiveness skills, and improve communication skills. The group is best suited for males and females ages 12 to 16 years old. The main facilitator of this group is, Ms. Pamela McQuaid, LCSW

GROUPS FOR KIDS

Social Skills Group: This group is designed for children who have difficulty communicating and getting along with their peers or siblings. This group will help children build skills in a variety of areas, including: communication and listening; understanding boundaries and personal space; friendship building and peer interactions; cooperation and teamwork; problem solving; and management of frustration and anger. This group also will allot scheduled time to meet with parents to discuss topics such as use of effective strategies to help children learn and sustain positive social behaviors and development of specific family/house rules and routines to support these behaviors. This group will benefit children aged 8-12 years old.

Play Skills Group: This group is designed for children who have difficulty playing and getting along with their peers or siblings. This group will help children learn appropriate skills in order to initiate and maintain play with their peers. Skill building will focus on communication and listening, sharing and turn taking, appropriate play, and friendship building. This group also will allot scheduled time to meet with parents and discuss topics such as appropriate ways to play with your children, ways to engage siblings in playful interactions, and how to establish family rules and routines that support children's positive behaviors. This group will benefit children ages 4-7 years.

Anger Management Group: This group is designed for children who have difficulty controlling their emotions and using appropriate ways to express their anger. This group will help children with emotional management and anger expression. This group will help children build skills in a variety of areas, including: communication, both verbal and nonverbal, cooperation, good sportsmanship, problem solving, and management of frustration. This group also will allot scheduled time to meet with parents to discuss topics such as effective discipline strategies and ways to help their children manage their emotions.

GROUPS FOR PROFESSIONALS

Mental Health Practitioner Support Group: This group is designed for professionals in the field of mental that could benefit from peer support and guidance. The structure of the group will be open ended and can involve opportunities for case consultations, preventing burn-out, processing emotional reactions/counter transference, navigating difficult personalities, managing professional goals and more. The overall goal of the group is to provide a place for professionals in the field to come together to help one another manage the challenges and stressors for the very sensitive work we do. The lead facilitator of this group is Jennifer Roberts, Psy.D

Clinical Supervision/Consultation Group: This group is designed to support the supervision and consultation needs of licensed Master's and Doctoral level professionals (e.g., LCSW, LCPC, LMFT, Ph.D., and Psy.D) in clinical practice. The group meets two Sundays each month at 4 p.m. Participants pay \$5.00 to cover costs of space, light refreshments, etc. To get more information or to RSVP, contact the group facilitator, Ms. Pamela McQuaid, LCSW, at #630-323-3050, Ext. 21.

Note: Multiple providers in this practice offer 1:1 clinical consultation services. Rates vary by provider and type of service. For more information or to schedule, please contact our Clinical Intake Coordinator, Dr. Erin Marek-Krawczyk, at 630.323.3050, Ext. 13.

ADDITIONAL INFORMATION

Additional Information such as schedules, fees, facilitators, and/or suitability of referrals to the groups can be obtained by calling our office Monday –Thursday.

You may also check us out on the web at:

www.tmspsychologicalservices.com

Group Attendance is limited so please call us to:

- *Express your interest in any of the groups listed...*
- *Request more information...*
- *Reserve your spot today.*



#630.323.3050