CHILDREN’S TELE-THERAPY SUPPORT GROUP

Young children are coping with the impact of COVID-19 in unique ways. This group is for youngsters who are struggling with adapting to current demands for social distancing, and physical isolation. These children miss their friends, their sports, their teachers, their freedom, and more importantly, they are less stress-resistant than other children and take in the anxiety and worries of others. This can cause eating and sleeping difficulties, emotional and physical dysregulation, and difficulty managing their feelings. This group will allow them to identify and discuss their worries and concerns and build an array of coping strategies to build internal resources and help them reach out for help more directly. The group “lessons” will be delivered in a creative/engaging way.

GROUP SERVICE DETAILS - WEDNESDAYS

DURATION 6 Weekly Sessions

COST $45.00 per group session

START DATE April 2020 TBD based on referral patterns. Please email interest!

DAY / TIME Thursdays: 4:15PM – 5:15PM

FOR Children, 9-12 years

CLINICIANS Anel Coss, LPC; Kelly Walker, MA

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