

## THE CHILDREN'S PROGRAM

### LATE SUMMER/FALL 2017 GROUPS AND CLASSES

#### ***MANAGING BACK TO SCHOOL ANXIETY***

**Allan Cordova, Ph.D.**

**2 parent meetings: Monday, August 14 and Tuesday, August 15, 2017 5:00-6:30 p.m.**

In this interactive workshop for parents, we'll discuss common triggers for back-to-school nervousness and anxiety; strategies to proactively address and manage school-related stressors; and tips for managing parental worries as the school year gets under way. \$120 (non-insurance billable).

#### ***NOT IN THE PARENTING MANUAL: TALKING WITH TEENS ABOUT PORNOGRAPHY***

**Allan Cordova, Ph.D.**

**1 Parent meeting: August 16, 2017 4:00-6:00 p.m.**

Online exposure to pornography is widespread. Whether accidental or intentional, access has never been easier. With more than 90% of teens going online daily, and nearly one quarter of teens saying they go online "almost constantly," the likelihood of kids and teens encountering porn isn't a matter of "if" but "when." This workshop will explore what is known (and what isn't) about how exposure to and consumption of pornography affects youths' development, relationship expectations and sexual behaviors. We will encourage parents to challenge some of their assumptions and grapple with the emerging science in a supportive environment. We will also discuss strategies to help parents talk with and respond to their kids as they navigate the digital landscape. \$90 per family (non-insurance billable).

#### ***THE INCREDIBLE YEARS***

**Rose Eagle, Ph.D. and Nichole Sage, Psy.D.**

**Monday Group: 12 Mondays, beginning September 18, 2017 4:00 - 5:15 p.m.**

**Tuesday Group: 12 Tuesdays, beginning September 19, 2017 4:00 - 5:15 p.m.**

This research-based curriculum is designed to support parents and children ages 4-6 with disruptive behavior including hyperactivity, defiance, impulsivity and tantrums. Parent and child sessions are held in separate rooms simultaneously. Families learn 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. Families leave with tools for every-day use. An initial consultation (\$210, billable to insurance) is required. Group size is limited. A discounted rate may be available for families without health insurance coverage. Participating families will receive a specialized registration packet to be completed prior to the first session. The cost is \$1200 (this includes 12 parent group sessions and 12 child group sessions which occur simultaneously). Both parent and child sessions are billable to health insurance. Space is limited. Please call for availability.

#### ***GIRLS' DINNER OUT***

**Robin Goldberg, MA, CCC-SLP and Kayla Hoskins, M.S., CSWA**

**6 student meetings: Mondays, September 25 - October 30, 2017 5:30 - 7:00 p.m.**

This is an opportunity for teenage girls (ages 14-19) with pragmatic language impairment, social anxiety, autism spectrum disorders, and/or related social challenges to strengthen and expand social experiences in a less structured, more naturalistic setting. This group meets evenings at different local restaurants to enjoy a meal and practice social communication skills including: initiating conversation, joining/entering into a group conversation, assessing listeners' interests, sharing conversation control (reciprocity, talking about less preferred topics), and social politeness ("using a "social fake"), ordering in a restaurant, managing money, strengthening independence. A short 30-minute interview is required for current clients (no charge). New clients must schedule an initial consultation with one of the group leaders (\$105). \$300 (non-insurance billable). This does not include the cost of meals. There is no credit for missed sessions.

## ***SEEING MY TIME***

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

**7 parents/student meetings: Thursdays, September 28 – November 9, 2017 5:15 – 6:15 p.m.**

Does your child struggle to get work done well and on time? Then this is the class for you. This is a hands-on class for middle school to early high school students, 7<sup>th</sup> – 10<sup>th</sup> grader, who struggle with time management, work initiation/completion, organization and overall ability to get work done before play. The Seeing My Time program was developed by Marydee Sklar and focuses on making time tangible. 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. Groups size is limited to 8 students. One parent must attend every session. If you are not a current patient at the Children's Program an initial consultation (\$210) is required. Pre-registration with a specialized packet is required. Call for availability. \$350 + \$40 for workbooks. Sessions are insurance-billable.

## ***MINDFUL PARENTING: STRESS REDUCTION AND DEVELOPING EMOTIONALLY INTELLIGENT CHILDREN***

**Sandra MacPhail, Ph.D. and Jennifer Abeles, M.A., LPC**

**4 parent meetings, Tuesdays October 3 - 24, 2017 5:30 – 7:00 p.m.**

All parents endure stress, but studies show that parents of children with behavioral and emotional problems as well as disabilities such as ADHD, autism, and learning differences experience depression and anxiety more frequently. Mindfulness practice has been shown to reduce stress as well as increase attention in both adults and in children. In this class, parents will be introduced to mindfulness practices as a way to not only manage their own stress but to be more effective parents through using mindful parenting strategies. \$200 per individual/or couple (non-insurance billable).

## ***GIRLS GROUP***

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

**On-site supervisor: Jeff Sosne, PhD.**

**6 student meetings: Thursdays, October 12 – November 16, 2017 4:00 – 5:00 p.m.**

This is a group for 4-5<sup>th</sup> grade girls who may have trouble creating and/or maintaining friendships, problems processing their emotions and exhibit low-self-esteem or overall negativity. Through group discussions and activities designed to help promote problem-solving and coping strategies we will address common themes that occur at this age, including navigating a growing social world, building a healthy self-image and managing the stress that comes with increasing responsibilities at home and school. The cost is \$180 per child (non- insurance billable).

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

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

**3 parent meetings: Mondays, October 30, November 13, November 27, 2017 6:00 – 8:00 p.m.**

This is a workshop for parents of school-age children and teens who are prone to emotional outbursts. We will review strategies for catching your child before the storm, calming your child if he/she 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. \$180 individual/or family (non-insurance billable).

## ***BEGINNER'S AD/HD GROUP***

**Jeff Sosne, Ph.D.**

**2 parent meetings: Mondays, October 16 and December 11, 2017 6:00 - 7:15 p.m**

**8 student/parent meetings: Wed., Oct. 18,25, Nov. 1,8,15,29, Dec. 6,13, 2017 5:00 – 6:15 p.m.**

This group teaches elementary children, 7-11 years of age, 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. There will be 10 sessions. This group requires a specialized registration packet. It is available at the office, online at [www.childrensprogram.com](http://www.childrensprogram.com) (General Forms page) \$500. Student sessions-only (\$400) are insurance billable.

## ***PAY ATTENTION TO ATTENTION (Intensive Weekend Format)***

**Jeff Sosne, Ph.D.**

**1 parent meeting: Friday, October 20, 2017 6:30 – 8:30 p.m.**

**2 parent/student meetings: Saturday and Sunday, October 21 and 22, 2017 9a.m. - Noon**

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 Beginner’s 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 Friday night class for parents-only (6:30 – 8:30 p.m. Students and parents will then meet on both Saturday (9:00 – 12:00) and Sunday (9:00-12:00) mornings for the group activities. The cost is \$320 (non-insurance billable).

## ***SKILLS FOR MIDDLE SCHOOL SUCCESS***

**Allan Cordova, Ph.D.**

**3 parent and student meetings: Tuesdays November 7, 14 and 21, 2017 5:30 – 7:00 p.m.**

Students and parents attend this class together to improve academic motivation, goal setting, attention, memory, organization and other executive functions that are central to academic achievement. Consider the changing role of parents during the transition to middle school and then into high school. This is a positive skill-building class and will not address behavioral issues.

\$240 (non-insurance billable).

**\*Registration packets are available at the office and online:**

**<http://www.thechildrensprogram.com> (General Forms), or mailed upon your request by calling (503) 548-4844. \*\*Groups that are billed to insurance require a deposit. Please note that copayments/coinsurance/deductibles may apply to covered sessions. Groups are a package. Insurance cannot be billed for sessions that are not attended.**