



C.A.L.M. GROUP

(Calming your Anxiety and Lifting your Mood)

Description

The program is:

- designed to provide tools for stress management
- designed to build resilience from and lessen feelings of anxiety and depression
- designed to target physiological symptoms of stress

Program directed by: Amy Young, Psy.D., Clinical Psychologist

How

The program targets symptoms of anxiety and depression and physiological symptoms of stress through empirically supported cognitive-behavioral interventions. The program will begin with a parent only orientation to provide education around anxiety, cognitive behavioral therapy and generalization of skills. Following the parent orientation, group members will participate in weekly therapy sessions where they will learn skills to manage symptoms of anxiety and foster resiliency through group activities, discussions, and role-plays.

Who

- Participants will have generally average speech and language skills.

When and Where

- Held at KidsLink Neurobehavioral Center, 899 Frost Road, Streetsboro. (Directions available at www.kidslinkohio.com)
- Groups begin with a parent only orientation, then participants attend weekly for one hour.

Cost

The program fee is based on the length of program

KidsLink Neurobehavioral Center providers are out-of-network for all insurance. Per guidelines of your insurance, the program costs may be reimbursable under the CPT codes 90853 (group psychological treatment) and/or 90847 (family therapy). KidsLink is an **Autism Scholarship** and **John Peterson Scholarship** provider.

Enrollment Process

For current program information or to enroll please contact our office 330-963-8600 or by email at groups@kidslinkohio.com.