

C.A.L.M. GROUP

(Calming your Anxiety and Lifting your Mood)

Description

The program is:

- designed for children 8 - 12 years of age
- 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, children 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

- Children 8 - 12 who 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 will begin with a parent only orientation on **WEDNESDAY**, Sept. 4th from 6 - 7:00 p.m.
- Teens will attend for seven weeks on **MONDAY** evenings beginning September 9th and ending on October 21st. Group time is 6:00 - 7:00 p.m.

Cost

The program fee is \$480. A deposit of \$240 is required.

Please note: Payment is due in full by the start of group

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

To enroll please contact our office 330-963-8600 or by email at groups@kidslinkohio.com.