

SUMMER GROUP PROGRAMS

This summer we are pleased to announce a new collaboration among Whole Child Leon, Children's Medical Services, and the FSU Multidisciplinary Center. We are excited to offer six research-based group treatment options for children and/or their parents. These groups will target various skills and age groups, and there will be no charge for participation. Groups will meet from 6:00 pm until 7:30 pm on Tuesdays and Thursdays beginning on 6/6/17 and ending on 7/13/17. Each group will meet for a total of 10 sessions. (Please note: Groups will NOT meet on Tuesday, June 20th or on Tuesday, July 4th). Group meetings will be held at:

The Whole Child Professional Building
1126 Lee Avenue
Tallahassee, Florida 32303

Social Skills Groups

For children in preschool through Grade 5 who experience social and communication difficulties

Goals: improve knowledge of social expectations, awareness of behavior, and help develop the ability to modify behaviors with flexible thinking

Self-Regulation Group

For children between the age of 6-12 who struggle with self-control and impulse control

Goals: improve self-control and impulse control by providing and practicing strategies for regulating behavior and increasing insight regarding moods and emotions

Parent Skills Group

For parents whose children have difficulty following directions, paying attention, and completing tasks

Goals: teach and support parents in implementing effective behavior management techniques

Coping Cat Group

For: children between 7-13 years old who have difficulty managing anxiety

Goals: teach children to recognize thoughts and feelings related to anxiety and strategies for managing anxious feelings and thoughts

For more detail regarding these groups or for enrollment information, please contact:

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