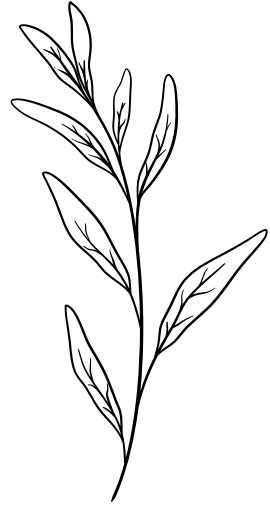


Accepting New Clients for Individual, Family, & Group Therapy

Mental health services
provided In Person in
Hinsdale, IL
and
Virtually for clients in
CO, IA, IL, & IN.



Dr. Nicole LaRocco

Specialist with children, adolescents, & families.

Also, provides therapy to adults & groups.

Empowerment through Self Regulation

Parent Training

Autism Spectrum Disorder

Enhance Executive Function

Change, adjustment, & grief

Behavioral & Anger management

Process Group for Teenagers

Depression

Increase Confidence & Self Esteem

Social & Emotional Groups

Coping with Divorce

College Students

Thriving with ADHD

Relationships

Communication

Anxiety

Contact Dr. Nicole today
therapyforfamily@gmail.com
therapyforfamily.com
1-630-570-0525 Call or Text

Self pay. Out of Network claim submitted for
you to BCBS, UHC, Aetna, or Cigna.

Social Groups



Now Enrolling for in person group!



This group is designed to increase comfort level in social situations. Participants learn & practice new social skills each week. Skills include how to start, maintain, & end conversations. Focus on self-awareness & feeling empowered in relationships.

~

Children Ages 5-8

Monday's at 5:15pm

8 weeks

Start date TBD

~

Children Ages 9-12

Day and Time TBD

8 weeks

Start date TBD

~

Teenagers

Day and Time TBD

8 weeks

Start date TBD

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therapyforfamily@gmail.com

therapyforfamily.com

1-630-570-0525 Call or Text

15 Spinning Wheel Road #418 Hinsdale IL 60521

Groups held in Lower Level Conference Room

Cost: \$70 each 60-minute group. If requested, your Out of Network Visit will be submitted to BCBS, UHC, Aetna, or Cigna.

Kids Social & Emotional Skills



Now Enrolling for in person group!



This group is designed to increase your child or teens comfort level and self-awareness in social situations.

Cognitive Behavioral Therapy is used to build a foundational understanding of how thoughts combined with emotions impact our behaviors. The group works to provide a safe place where participants are encouraged to tolerate and cope through emotions. Participants increase their emotional tolerance by practicing effective communication and use of stress tolerance tools with each other. We will spend a portion of each group practicing a new coping skill.

Children Ages 6-8

Tuesday's at 4pm

8 weeks

Start date TBD

Children Ages 9-12

Tuesday's at 5:15pm

8 weeks

Start date TBD

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Teen Social & Emotional Skills



**Hinsdale, IL In Person &
VIRTUAL GROUPS
NOW ENROLLING**
clients in
CO, IA, IL, & IN



Teenagers spend time learning more about their emotions. Cognitive Behavioral Therapy is used to build a foundational understanding of how thoughts combined with emotions impact our behaviors. The group works to provide a safe place where participants are encouraged to tolerate and cope through emotions. Participants increase their emotional tolerance by practicing effective communication and use of stress tolerance tools with each other. We will spend a portion of each group practicing a new coping skill.

~
8 weeks
Start day & time TBD

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Adult Groups

Now Enrolling for in person group!

Social Group

This group is designed to increase comfort level in social situations. Adult participants learn & practice new skills each week. Included are how to start, maintain, & end conversations. Also, how to keep a conversation going. What is a healthy vs unhealthy communication. In addition, focus on self-awareness & feeling empowered in relationships.

Social and Emotional Regulation Group

Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are used to build a foundational understanding of how thoughts combined with emotions impact social behaviors. Participants increase their emotional tolerance by practicing effective communication and use of stress tolerance tools with each other. The group works to provide a safe place where participants are encouraged to tolerate and cope through emotions.

Enhance Executive Function & Improve Emotion Regulation

We examine types of executive function such as planning, cognitive flexibility, & self monitoring. Also, Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are used to build a foundational understanding of how thoughts combined with emotions impact social behaviors. Group members work together to provide a safe place to practice new executive function and coping techniques.

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