

# 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. Also, how to interpret emotions in social situations. Focus on promoting self-awareness & feeling empowered in relationships.

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## **Children Ages 5-8**

Monday's at 5:15pm

6 or 8 weeks Start date TBD

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## **Children Ages 9-12**

Day and Time TBD

6 or 8 weeks Start date TBD

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## **Teenagers**

Day and Time TBD

6 or 8 weeks Start date TBD

Contact Dr. Nicole LaRocco today

[therapyforfamily@gmail.com](mailto:therapyforfamily@gmail.com)

[therapyforfamily.com](http://therapyforfamily.com)

1-630-570-0525 Call or Text

Hinsdale, IL

Cost: \$70 / 60-minute group. Self-Pay.

Superbill provided or Out of Network submitted to

BCBS, UHC, Aetna, or Cigna.

Sliding scale available.

# 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 an environment 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.

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6 or 8 weeks  
Start day & time TBD

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