



BEHAVIORAL HEALTH SUMMER GROUPS

This summer we are pleased to offer free behavioral health groups for children and/or their parents!

Meeting Dates: Tuesdays & Thursdays, from 6/9/2020 – 7/9/2020

Meeting Times: 4:30 pm – 6:00 pm **OR** 6:00 pm – 7:30 pm

Meeting Location: Due to the situation with regard to COVID-19, we will be offering groups remotely using a Zoom platform

Social Skills Groups

Ages: 8 – 16; children will be grouped by age

Goals:

- Improve knowledge of social expectations and awareness of one's own behavior in a group
- Learn to flexibly adjust behavior and language based on what others are thinking
- Increase flexible thinking to demonstrate social cooperation

Self-Regulation Groups

Ages: 8 – 13; children will be grouped by age

Goals:

- Increasing insight regarding moods and emotions
- Improve self-control by providing strategies for regulating behavior
- Develop the ability to select and use impulse-control strategies

Stress & Resiliency Groups

Ages: 8-15; children will be grouped by age

Goals:

- Increase insight regarding the experience of stress and anxiety related to the impact of Coronavirus
- Provide coping strategies for managing stress
- Learn to change negative thoughts and use more adaptive thinking styles in stressful events

Parent Group

Goals:

- Improve parent management skills and the ability to deal with child oppositional behavior
- Increase parent knowledge regarding sources of childhood defiant behavior
- Improve child compliance with commands, directives, and rules given by parents

Please visit our event website <https://fsumdcbehavioralhealthgroups2020.eventbrite.com> or call the Florida State University Multidisciplinary Center at 850-644-2226 for more information and/or to apply for one of our groups.