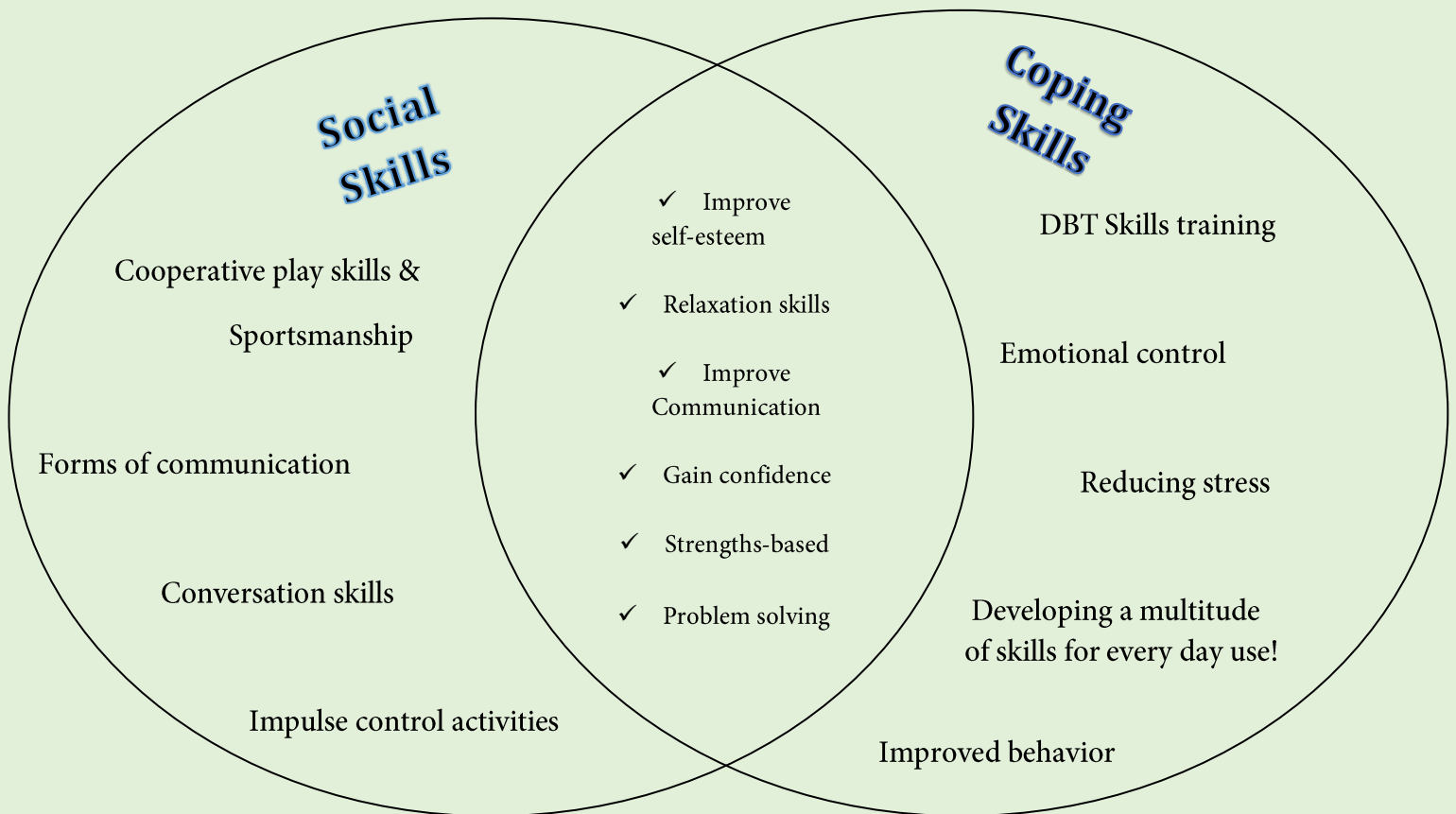




Group therapy for ages 5-17
 Groups are limited to 5 participants.
 Participants must be willing to laugh.

LEARNING AND PRACTICING WITH GAMES, VIDEOS, & ACTIVITIES!



Who would benefit? Youth who may have ADHD, learning disabilities, mild autism spectrum disorder, anxieties, depression, adjustment to life stressors!

When are the groups? Sessions are 55 minutes per week for a 10-week cycle. Times and start dates are determined based on group placement. Group placement is based on need and age.

What is the cost? \$30/session or \$300 for full ten-week program. In some cases, insurance may cover the cost of the program. Take-home practice and parent strategies are included.

Contact Emily Raphael, LCSW with questions or interest today! emily@stresslesscounseling.com / 908-777-7356

30 South Plainfield Avenue, South Plainfield NJ 07080

www.StressLessCounseling.com