



WITH SUPPORT FROM
THE BLANCHE & IRVING LAURIE FOUNDATION
CHILDREN'S HOPE INITIATIVE AND
FRIENDS OF SOMERSET COUNTY YOUTH

FREE

GROUP THERAPY FOR KIDS & TEENS

IN-PERSON IN SOMERVILLE, NJ

Winter KIDS Program

AGES 9-12

TUESDAYS, 4:30-5:30PM

1/21/25, 1/28/25, 2/4/25,
2/11/25, 2/18/25, 2/25/25

Spring TEENS Program

AGES 13-17

TUESDAYS, 4:30-5:30PM

3/4/25, 3/11/25, 3/18/25,
3/25/25, 4/1/25, 4/8/25



Group Goals

Over a series of 6 sessions, this therapy program will offer small groups of kids or teens a safe, supportive space to work on strategies to create distance from unhelpful thoughts and reduce overactive stress responses in order to feel better, have better interpersonal relationships, and increase resilience.






Program Design

Using principles from Acceptance & Commitment Therapy (ACT), the purpose of this group is to help young people become more psychologically healthy by learning positive coping strategies, as well as skills needed to regulate their behavior and emotions. Through age-appropriate hands-on activities, guided discussion, and audiovisual aids, youth will put these foundational skills into practice as they are introduced.



**For Information and Registration,
Scan the QR Code or Contact:**



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