

The Morgens Group presents...

Groups for Children and Adolescents

Depression Groups

Groups for teens who are at-risk of or currently suffering from depression. These groups use cognitive-behavioral techniques (CBT) to help teens learn to identify and overcome negative or unrealistic thoughts related to depression. Teens learn specific skills, including relaxation techniques, social skills, communication, and negotiation and problem solving.



Anxiety Groups

CBT groups for children. In this program, children and adolescents ages 8 to 13 years-old with anxiety disorders will learn to:

- * Recognize and understand physical and emotional reactions to anxiety
- * Clarify thoughts and feelings in anxious situations
- * Develop a plan for using effective coping skills, and
- * Evaluate their performance and use self-reinforcement



Social Skills / Pragmatic Language Groups



Groups for children and teens struggling with social skills. These groups combines CBT, Psycho-education and Dynamic Process with the powerful art of Drama to teach skills such as body language, reciprocal conversation, friendship skills, negotiation, and team-work.

Call now to reserve a spot at our next session!

For more information, contact The Morgens Group, LLC
781.899.1160 ♦ www.themorgensgroup.com
Sherborn ♦ Waltham