



Hartgrove Behavioral Health Schools Program

Virtual Group Therapy

Reserve your space now:

312-399-2361 / nicole.howard@uhsinc.com

Animal Companions

A psychoeducational support group focusing on incorporating animal companions and interactions to promote positive mood, learn coping skills, communication, distress tolerance, relaxation, positive reinforcement and boundaries. Learn ways to improve overall physical, mental and emotional well-being while learning techniques and activities utilizing our relationship with our animal companions.

Group Facilitator: Beth Frantz, LCPC

- **2nd-5th Grade:** Thursdays 2-3:30P
- **6th -8th Grade:** Tuesdays 3-4:30P
- **9th-12th Grade:** Thursdays 5-6:30P

Friend Connections

A group to meet friends and help kids with social skills, self-esteem, and positive self-image. Through fun activities and social interaction with peers, members will learn coping skills and improve self-confidence. A fun way to give and receive supportive feedback and focus on strengths in a positive and engaging environment with peers.

Group Facilitator: Dalsem Yang, LPC

- **K-4th Grade:** Thursday 4-5:30P

Anger Iceberg

A group for students grades 1-5 to take a look at their own response to anger. This supportive and informative approach will touch on the following:

- ✓ Everyday triggers and how they affect you
- ✓ How our bodies process and respond to anger...and why!
- ✓ Skills such as relaxation and communication to use when you feel angry

Group Facilitator: Meghan Jacobson, MSW

- **1st-5th Grade:** Thursdays 1:30-3:00P

In partnership with:



NOW ACCEPTING NEW CLIENTS!

*Many insurance companies will cover one or more group sessions per week. Please contact your insurance provider for benefit details and copay/deductible amount prior to registering.



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6th Grade Transition: Tips & Tricks

A supportive and informative group to assist 5th grade students in a smooth transition to middle school. This group will provide a safe place for peer discussion about potential hesitations regarding 6th grade as well as tips and tricks to help alleviate any nervousness. This group will focus on self-esteem, time-management, maintaining healthy friendships, and how to handle stress that may arise with going to a new school.

Group Facilitator: Gianna Savino-Scala, MSW

- **5th Grade:** Tuesday 3-4:30P
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4U2BU

A psychoeducational support group focusing on learning and incorporating activities to promote distress tolerance, communication, self-esteem and symptom management. Through fun activities and social interaction with peers, members will learn coping skills and improve self-confidence. A fun way to give and receive supportive feedback and focus on strengths in a positive and engaging environment with peers.

Group Facilitator: Julie Tenorio, LPC

- **6th-8th Grade:** Thursdays 4:30-6P
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8th Grade Transition Lunch Group

Are you worried about transitioning to High School? You are not alone-this is the place for you. Come meet students from other schools that are seeking additional support moving through this transition. Will be addressing issues of social confidence, communication skills, positive peer influences, stress management, and mental wellness through group activities, games, and conversations with your peers.

Group Facilitator: Jaqueline Fish-Rossi, LPC

- **8th Grade:** Mondays at 12-1:30P

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Healthy Expression of Anger

A group approach for individuals interested in developing personally effective ways to express anger and to handle life's conflicts. Adolescents participating in the group will explore and discover the following:

- ✓ Everyday events trigger specific and what is unique to us.
- ✓ Interpretations of everyday life events drive our automatic emotional responses.
- ✓ Automatic emotional responses fuel our behaviors.
- ✓ Learning to control our interpretations and our behaviors.
- ✓ Learning how to heal our past hurts and control our fears that underlie our anger expressions.
- ✓ Replacing our irrational beliefs with healthy interpretations, emotions, and behaviors.

Group Facilitator: Deanna Blyth, LPC

- **6th-8th Grade:** Monday 4-5:30P
- **9th-12th Grade:** Monday 6-7:30P

8th & 9th Grade Girls

Work on transition for 8th grade girls from middle school to high school, where 9th graders can talk about their own experiences, give each other feedbacks and advice. Will be addressing issues of social confidence, communication skills, positive peer influences, stress management, and mental wellness.

Group Facilitator: Allison Kim, LPC

- **8th & 9th Grade:** Fridays 2-3:30P

High School Connections

A group for current high school students and 8th graders who will soon be in high school. Will encourage self-awareness, flexible thinking, and social competence. Use discussion, role-plays and games to promote problem solving, anger/anxiety management, friendship skills, and other skills necessary for social success. Will also address future goals, motivation and study tips to reduce distractions and increase focus.

Group Facilitator: Allison Kim, LPC

- **9th-12th Grade:** Sunday 2-3:30P

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