



Social & Emotional Skills Development For Children & Teens

- Is your child or teen easily frustrated?
- Does he or she become overly emotional or distressed?
- Does your child or teen have difficulty with change?
- Does he or she have trouble getting along with peers?
- Does she or he have Asperger's, Attention Deficit Disorder, Bipolar Disorder, Disruptive Behavior Disorder or another similar condition?

The Saint Francis Hospital Mental Health Clinic will be starting new groups for children and teens to help them develop better skills for understanding and managing their emotions. Much of the group activities will be based on

the Cognitive Affective Training developed by Dr. Tony Attwood, utilizing his specially designed interactive program called the "CAT-Kit." *

A group will be starting in January 2011 and will meet for 8 to 10 weekly sessions. Ages of the group members will be determined by interest. Group sessions are covered by most major insurances including Medicaid and Medicare. Deductibles and co-pays may apply.

*For more information on Dr. Atwood and the CAT-kit, visit www.tonyattwood.com.



For more information or to request that your child or teen be screened for the group, please call Amy Strom, LCSW at (845) 431-8242.

www.sfhhc.org
 **Saint Francis
Hospital and Health Centers**