



# TIMELY AND POWERFUL, LIVE-ONLINE GROUP PROGRAMS FOR STUDENTS OR PARENTS

## NEW FOR 2021

### **Managing Anxiety, Depression and Stress During COVID Times (for STUDENTS)** **(2 groups, grades 3rd-8th and 8th-college)**

Emotional instability is on the rise during COVID-19 times. Young people are experiencing increasing isolation, fear of the unknown, worry about their love ones, "screen" addiction, changes in eating habits, sleep routines and being able to concentrate on what is important and of value. This group program will help young people learn how to minimize the effects of a pandemic on their mental health.

### **Mastering Organization, Time and Task Management During This Pandemic and Beyond (for STUDENTS)** **(2 groups, grades 3rd-8th and 8th-college)**

For many students, during COVID-19 times, the days of walking into their school, classroom and meeting up with their trusted teachers and friends is a memory. Even those students who are able to attend school in person, are experiencing unique challenges in the classroom and with getting the support they need. In this group program we will be empowering the students with "executive functioning type strategies". Students will be able to use these "strategies" now and in the future to better manage their time, to initiate, complete and submit their assignments and to find and master the system that works best for them to become and stay organized in all facets of their lives.

### **How to Help Your Child be Successful with School and Emotions During COVID-19 Times (for PARENTS)** **(2 groups, elementary and middle school or middle to college aged)**

In this group program, only for adults, parents, grandparents and guardians, Dr. Nach will help provide attendees with useful "tools" to help their children with school and emotionality related issues. Learn how much support should be given, what battles to engage in, what to do about the "screen addict", how to help your child that may be "gifted" or have "exceptional" needs and how to make time to do your own work and/or tasks. Each meeting will include a Q&A.

### **Online Therapeutic Social Skill Groups (since 2012) (for STUDENTS)** **(13 unique groups each week, ages 4 well into adulthood)**

At the start of the 2020-2021 school year we offered 13 unique social skills groups for ages 4 well into adulthood in our Boca Raton center. Many of these groups have been running since 2012. In March, due to the pandemic, we adapted all our groups to be occurring virtually on a secure ZOOM platform. Both attendees and counselors have adjusted well. We found that the social skills needed today are **slightly different and more challenging to attain than during pre-COVID times**. We have adapted dozens of our proprietary social skills lessons to work in the current day. So, when we are asked how we can teach social skills virtually, the answer is simply, just a little differently. The feedback from the parents and groups members over the past months, is that regression of skills is decreased, and acquisition of new skills is occurring. We have the right group placement for just about any young person.

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