

BEHAVIORAL HEALTH GROUPS FOR CHILDREN AND PARENTS

This summer we are pleased to announce a continued collaboration among Whole Child Leon, Tallahassee Pediatric Behavioral Health Center, and the Florida State University Multidisciplinary Center. We are excited to offer behavioral health groups this summer for children and/or their parents. **There will be no charge for participation in these groups.**

Meeting Location: **The Whole Child Professional Building**
1126 Lee Avenue
Tallahassee, Florida 32303

Meeting Dates: Tuesdays & Thursdays, from 6/12/18 – 7/12/18

Meeting Times: 6:00 pm – 7:30 pm

Social Skills Group

Ages: 7-12 years old

Goals:

- improve knowledge of social expectations
- awareness of behavior
- help develop the ability to modify behaviors with flexible thinking

Self-Regulation Group

Ages: 6-12 years old

Goals:

- increasing insight regarding moods and emotions
- improve self-control and impulse control by providing strategies for regulating behavior

Parent Skills Group

Ages: For parents

Goals:

- teach and support parents in implementing effective behavior management techniques
- improve children's ability to follow directions and complete tasks

Early Learners Group

Ages: 3-6 years old

Goals:

- help young learners harness their energy and potential by teaching skills for learning, empathy, emotion management, friendship skills, and problem solving

To register for one of these groups, please contact:

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MULTIDISCIPLINARY CENTER

