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## Kenneth Young Center Child & Adolescent Services

- Individual Therapy
- Family Therapy
- Parent Training
- Psychiatric Services
- SASS Crisis Services
- Individual Care Grant Support
- Case Management
- Mentoring
- Parent Mentoring
- Group Therapy
- Parenting Groups
- Prevention Services

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For more information about these services, contact Child and Adolescent Services at 847.524.8800.



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## *Group Therapy: For Children, Adolescents and Their Parents*

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### *Kenneth Young Center*



*Feeling Good  
Doing Better  
Finding Solutions*

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**Education, skill building  
and psychotherapy in a  
socially supportive  
environment.**

## **Groups for Children**

### **Saturday Club**

An enjoyable socialization group for children aged 6-9 years old who are struggling with basic social skills. In this group, children will learn to get along with others, to understand emotions better, and improve their communication and conflict resolution skills.

### **Taking Action**

A group helping children ages 8-11 years old overcome depression. In this group, children will learn to identify emotions and understand the connections between thoughts, feelings and behaviors. Through practicing problem solving and coping skills, they will learn to handle tough situations better.

### **Coping Club**

A group for children ages 6-12 years old who are anxious in one or more settings. Children will learn relaxation techniques to help them handle anxious feelings.

## **Parenting Groups**

### **Taking Charge**

This group is for parents of defiant and out-of-control teens. In this group, parents will get support from other parents while learning how to set firmer limits, as well as reconnect with their teen and learn how to stop battles from breaking out in the home.

### **Parent Power**

For parents of children ages 4-12 years old. The Parent Power group is aimed at teaching behavior modification skills to parents in order to increase prosocial behavior at home, at school and in the community. This group is offered in conjunction with individual parent coaching to maximize application of skills.

### **ADHD Parenting**

This group helps educate and build the skills of parents who have children with ADHD.

## **Groups for Teens**

### **Aggression Replacement Training (ART)**

This group is for teens having difficulty managing their anger. Here they learn better skills to deal with others and practice developing an anger control plan.

**Teen Dialectical Behavioral Therapy** is a group for older teens (16+) who experience intense emotional states and engage in self destructive behaviors.

### **Breaking The Cycle**

Helps teens combat depression by understanding the link between thoughts, feelings and behaviors, and helps increase motivation to be active and take control of their feelings.

### **Skill-streaming**

This is a skill building group for middle school or high school aged children struggling with peer relations. Here they will learn better social skills in a supportive group environment.