

New Groups Now At Next Steps

**Child &
Adolescent
Services**

**Cobb & Douglas Community Service Board
1650 County Services Parkway
Marietta, Georgia 30008
770-514-2422 # 5**

TRANSPORTATION SERVICES ARE PROVIDED FOR ALL GROUPS LISTED!

Teens in Control:

This anger management group for adolescents focuses on teaching adolescents to recognize and to express their anger appropriately, while learning effective coping and social skills to decrease incidents of acting out behaviors within the home, school and community.

Middle School Age Group - Wednesdays 3:30 PM - 5:00 PM

High School Age Group - Thursdays 5:00 PM - 6:30 PM

Group Facilitator: Renee' Jones, M. Ed. **Contact Information:** 770-514-2422 Ext. 2041

Kids in Control:

This anger management group for children focuses on teaching adolescents to recognize and to express their anger appropriately, while learning effective coping and social skills to decrease incidents of acting out behaviors within the home, school and community.

Elementary School Age Group - Mondays 3:30 PM - 5:00 PM OR Wednesdays 3:30 PM - 5:00 PM

Group Facilitator: April Williams, M. A. **Contact Information:** 770-514-2422 Ext. 2028

Faces in the Mirror:

This self-esteem group uses various creative & experiential therapeutic techniques to improve self-image, self-esteem, body image, assertiveness, distorted cognitive processes, while teaching skills to effectively cope with stress. Open to males and females.

High School Age Group - Tuesdays 5:00 PM - 6:30 PM

Middle School Age Group - Wednesdays 5:30 PM - 7:00 PM

Group Facilitator: Kim Hayes, LAPC **Contact Information:** 770-514-2422 Ext. 2061

Grief & Loss:

This group is designed to help participants identify and acknowledge their losses and associated feelings; to develop avenues to appropriately express feelings; to understand and experience the universality of the loss experience; and to develop a meaningful context to their loss experience. Ideal for youth that have experienced a significant loss in their lives; losses may include divorce, separation, death, parental/caregiver incarceration, or other traumatic event. Group utilizes processing and experiential (art, games, etc.) activities.

Middle School Age Group - Mondays 5:30 PM - 7:00 PM

Group Facilitator: Kim Hayes, LAPC **Contact Information:** 770-514-2422 Ext. 2061

Depression & Anxiety Group:

This gender specific group is designed to help youth who have symptoms related to Depression and/or Anxiety, including worrying too much, feeling hopeless, sleep disturbances, restlessness, irritability, and lack of interest in pleasurable activities and lack of motivation.

High School Age Group - Females - Tuesdays 5:00 PM - 6:30 PM and Males - Tuesdays 5:00 PM - 6:30 PM (separately)

Group Facilitator for Females: Rebekka Vatter, LMFT **Contact Information:** 770-514-2422 Ext. 2044

Group Facilitator for Males: Catherine Schenck, LAPC **Contact Information:** 770-514-2422 Ext. 2018

Kids Connection & Teen Connection:

This group teaches social and communication skills to children and teens using games, hands on activities and role playing. The curriculum is designed to actively engage members in the learning process, giving them a wide variety of opportunities to develop, practice and fine tune their skills.

Elementary School Age Group - Wednesdays 3:30 PM - 5:00 PM

Middle School Age Group - Wednesdays 5:30PM - 7:00 PM

Group Facilitator: Catherine Schenck, LAPC **Contact Information:** 770-514-2422 Ext. 2018

KidsCope & TeensCope:

This group is designed to teach children/adolescents how to manage symptoms and a variety of difficult issues. The group utilizes a variety of interventions including games, art, talk therapy and other therapeutic techniques to address needs of group participants. Common topics covered include social skills, stress and mood management and learning more healthy, alternative ways to cope with difficulties in life.

Elementary School Age Group - Mondays 3:30 PM - 5:00 PM

Middle School Age Group - Mondays 5:30 PM - 7:00 PM

High School Age Group - Thursdays 5:00 PM - 6:30 PM

Group Facilitator: Catherine Schenck, LAPC **Contact Information:** 770-514-2422 Ext. 2018

Students on Track:

SOT is designed to meet the needs of students experiencing trouble with common ADHD symptoms. The group aims to assist students to improve organization, time management and study skills. SOT will offer skills training and strategies to help students identify and implement organizational skills that are practical and meet their personal needs.

Elementary School Age Group - Wednesdays 3:30 PM - 5:00 PM

Group Facilitator: Debra LeGere, BSW **Contact Information:** 770-778-0272

Middle School Age Group - Wednesdays 5:30 PM - 7:00 PM

Group Facilitator: Pam Johnson, BA **Contact Information:** 770-514-2422 Ext. 2011

High School Age Group - Tuesdays 5:00 PM - 6:30 PM

Group Facilitator: David White **Contact Info:** 770-298-5650

Healing the Wounded Heart:

HWH is for female youth who are survivors of sexual abuse. The group's goals are to connect youth to other survivors; to assist in sharing personal life stories and expressing emotions; to learn coping and self-soothing strategies; learn the facts about sexual violence and celebrate your future. Group will include art & other experiential activities as well as an "art show" last session.

High School Age Group - Thursdays 5:00 PM - 6:30 PM

Group Facilitator: Kim Hayes, LAPC **Contact Information:** 770-514-2422 Ext. 2061

I Am Somebody:

This group is designed to engage, motivate, educate and self-empower **young males** in making positive choices through non-traditional means. The group utilizes role playing & open discussions as well as music and media to discuss presenting issues. Primary skills targeted are character development, reality-based cognitive thinking to reduce impulsivity, respect for authority, appropriate peer influence, setting and reaching goals and social awareness.

Middle School Age Group - Mondays 5:30 PM - 7:00 PM

High School Age Group - Thursdays 5:00 PM - 6:30 PM

Group Facilitator: Alfredo Bonnick, BS and Patrick Jones, BS **Contact Info:** 770-514-2422 Ext 2009 or 2042

Take Charge!

This group was developed to provide social and communication skills with an emphasis on work readiness for teens ages 15-17 years old who are ready to "Take Charge" of their lives. Youth will have the opportunity to showcase customized networking tools in their community, utilize media and technology while increasing work readiness skills, and receive feedback from peers during role play and real life employment opportunities.

Middle School Age Group - Wednesdays 5:30 PM - 7:00 PM

High School Age Group - Tuesdays 5:00 PM - 6:30 PM

Group Facilitator: Misty Walton, BS **Contact Info:** 770-596-3287

Dual Diagnosis Group for Teens

This group will help young adults grasp information needed to increase cooperation with medication management and a decrease a possible reliance on illicit drug use to manage symptoms. The group will include education and processing sessions to help gain insight and skills for gaining a stable stance with each person's diagnoses.

High School Age Group - Thursdays 5:00 PM - 6:30 PM

Group Facilitator: Maggie Keller, CACII **Contact Info:** 678.213.3517

****Next Steps also offers a more intensive, 3-day per week Substance Abuse Program for teenagers.**
Ask your treatment provider for further details.**

