

“Skills, Support and Intervention”

Programming is offered Monday through Thursday.
Groups consist of up to 10 adolescents ages 13-18.

- Teen Skills:** Each day will consist of a teen skills lesson, therapeutic activities and a mindfulness activity. Emotional management skill-building is incorporated throughout the three hours of daily programming.
- Parent Skills:** Parent(s) or caregiver(s) will meet with the program therapist from 5:00 to 6:30pm on Tuesdays. They will learn and practice strategies to support their teens in their development of healthy emotion regulation skills. Parent(s) or caregiver(s) will also learn proven family focused skills to enhance family relationships.
- Parent-Teen Activity:** A 30-minute parent-teen activity will take place on Tuesdays from 6:30 to 7:00pm. This activity promotes positive interaction between both parties, while encouraging healthy skills to become part of their daily lives.

Healthy Emotions Program Schedule: Monday, Wednesday, Thursday

4:00	Check-In
4:30	Teen Skill
5:00	
5:30	Therapeutic Activity
6:00	
6:30	Mindfulness
7:00	Dismiss

Healthy Emotions Program Schedule: Tuesday

4:00	Check-In	
4:30	Teen Skill	
5:00		
5:30	Therapeutic Activity	Parent Group <i>(Tuesdays)</i>
6:00		
6:30	Mindfulness	Parent/Teen Activity <i>(Tuesdays)</i>
7:00	Dismiss	

Behaviors
(Actions)

Negative or unhelpful feelings, thoughts, and behaviors often go together when worried, down, angry, and/or stressed. The Healthy Emotions Program helps to promote positive or helpful feelings, thoughts, and behaviors leading to more self awareness, confidence, and joy.

Feeling
(Emotions)

Thoughts
(Self-Talk)