

About our groups

We offer group therapy for children and adolescents with a wide range of needs and challenges. Skills learned include emotion regulation, coping and communication strategies.

Acceptance and Commitment (ACT) Art

This teen group uses art therapy and Acceptance and Commitment Therapy (ACT) principles to help members identify values, examine choices, and increase self-esteem. Teens will be asked to experiment with a variety of materials, such as drawing, painting, air-dry clay, and collage.

ALLY

The primary focus of this group is to provide a safe, inclusive and affirming environment to foster relationships, interpersonal skills and the evolution of identity.

Anger Management Group

This teen group uses social learning and cognitive behavioral approaches to help its members explore anger schemas, identify functions of anger, and develop coping strategies.

Cognitive Behavioral Therapy (CBT) for Anxiety

These groups allow participants to develop a better understanding of anxiety, as well as learn and practice a variety of relaxation and coping skills including cognitive and behavioral strategies. There are separate groups for children and teens.

Dialectical Behavioral Therapy (DBT) Skills

In these groups, teens and their parents learn emotion regulation strategies. Skills covered include mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and middle path skills.

Grief Group

This group is for adolescents who have experienced a significant loss and would benefit from a space to recognize and process feelings of grief. Each group session is structured with a check in, activity/discussion, and a mindful moment. The mindful moment is designed to help wrap up the discussion and assist participants in preparing themselves to transition out of group. Parent/guardians will receive information to help support their participant.

Guild of Adventure

This is an interactive, imaginative group that uses collaborative storytelling and role play through games, such as Dungeons and Dragons, to support the development of social and emotional skills. Participants will collaboratively build the world they will play in and design their personal character. Using storytelling, group members will practice problem solving, communication, and emotion regulation skills, as well as perspective taking through action-packed adventures. Participants should have good abilities to engage in imaginative play and ideally have knowledge of, or interest, in role-playing games.

PEERS (Program for the Education and Enrichment of Relational Skills)

This program enables teens and their parents to participate in step-by-step social skills training developed at UCLA for teens on the autism spectrum. Skills covered in-group include using humor, entering and exiting conversations, and arranging get-togethers.

Social Savvy Gaming Group Ages 13 to 18

Group members learn and practice social, coping, and

