Group Therapy: For Children, Adolescents and Their Parents

Kenneth Young Center

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

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Feeling Good
Doing Better
Finding Solutions

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

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.

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.