



**Perspectives
Counseling Centers**

Groups & Workshops

**Call for current
schedule!
248-244-8644**

Children

Social Skills

- Children who struggle with social situations
- Learn and develop positive social skills
- Leaders: Diana Jennings, MS, LLP & Mary Costa, LMSW

Stress Busters Workshop

- Children who struggle with stress, anxiety, and fears
- Learn stress reduction techniques and positive coping skills
- Leader: Michael Joy, MA, LPC

Self-Control/Anger

- Boys who struggle with anger, impulsivity and hyperactivity
- Learn anger management and self control skills

Self-Esteem Workshop for Tweens

- Children ages 10-14 who struggle with self-esteem & body image
- Learn how to build confidence & combat bullying
- Leader: Georgiana DesRosiers, MA, LPC

Adults

Navigating the College Experience

- College students age 17+ struggling with time management, concentration, and procrastination.
- Learn valuable skills to manage this major transition, discover your learning style and improve organization and study habits.
- Leader: LaTanya Carter, PhD, LP

Codependency for Men & Women

- Providing direction to adults in understanding their roles in relationships
- Challenging patterns of unhealthy relationships
- Setting boundaries
- Leader: Karolyn Thompson, PhD, LPC

Anger Management Group for Men

- 8 week group for men 18+ struggling with anger and anger management.
- Learn about triggers and stressors.
- Find different ways to manage anger.

Women Get Angry Too

- 8 week group for Women 18+ struggling with anger and anger management.
- Learn about triggers and stressors.
- Find different ways to manage anger.
- Leader: Karolyn Thompson, PhD, LPC

Women's Empowerment Group

- 8 week group for Women 18+ who struggle with self-worth
- Discover your passion, calling and strengths
- Leader: Pearl Stewart, MA, LPC

Teens

The Teen EDGE

- Teens who struggle with depression, anxiety, and self-injurious behaviors
- Learn set personal goals, explore emotions, and use positive coping skills
- Leader: John Noteware, LMSW

The Cutting EDGE

- Teens who struggle with self-injurious behavior
- Learn alternative coping skills to deal with negative emotions and identify emotions behind the behavior
- Leader: John Noteware, LMSW

Social Skills EDGE

- Teens who struggle with social situations
- Learn and develop positive social skills
- Leaders: Diana Jennings, MS, LLP & Mary Costa, LMSW

Self-Control/Anger EDGE

- Teens with anger, impulsivity and hyperactivity
- Learn anger management and self control skills

Student Motivation Workshops

- Teens struggling with academics, motivation and initiative
- Focused on goal-setting, building confidence, self-perception, and time management skills
- Leaders: LaTanya Carter, PhD, LP & Michael Joy, MA, LPC

DBT Skills Group

- Teens 13 –17 struggling with depression, anxiety, suicidal behaviors or eating disorders
- Learn mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance
- Leader: Aleksandra Nedelkoski, MA, LPC

Parents

Parenting the Self-Injurious Teen

- For parents of teens who engage in self-injury
- Learn why people self-injure and how to help

Parenting the Out-of-Control Child/Teen

- For parents of kids who struggle with self-control
- Learn parenting techniques and strategies to help children be successful

Building Student Motivation Workshop

- For parents of teens who often have missing assignments, failing grades, procrastinate, need constant reminders.
- Learn strategies for helping their middle school, high school or college student find what motivates them
- How to use reinforcement and consequences to enhance motivation
- Leader: LaTanya Carter, PhD, LP

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