Getting Better, Together

1. Anxiety Management Group
   - Understand how avoidance plays a role in anxiety, depression, and other mood concerns
   - Use active exercises shown to help overcome avoidance behaviors
   - Increase awareness and understanding of how cognitions and unhelpful thinking styles play a role
   - Learn skills related to mindfulness, emotional awareness, flexibility in thinking and exposure

2. ADHD/Executive Skills Treatment Program
   - Master study/work habits to improve functioning in both academic and day-to-day activities
   - Learn new skills like time management and prioritizing task
   - Learn to manage inattention and hyperactivity
   - Learn to effectively cope with anxiety and depression often associated with ADHD

3. Skills for Healthy Relationships
   - Need help navigating dating, romantic, and sexual relationships?
   - Want to learn how to be the best partner you can be? Not sure how to find ideal partners who meet your needs?
   - Learn evidence-based skills for navigating all aspects of relationships

4. Cognitive Behavioral Group Therapy for Depression
   - Learn to use effective coping strategies to better deal with life stressors, promote positive outcomes in your daily life, and improve your mood
   - Increase the use of helpful thought processes
   - Strengthen your emotional control
   - Decrease behavioral and emotional avoidance
   - Learn to improve your interpersonal skills!

5. SPACE: Supportive Parenting for Parents of Children with Anxiety
   - Treatment developed by the Yale Child Study Center
   - Empowering parents to effectively address their children's anxiety & OCD
   - Parenting a child with anxiety means facing constant challenges and questions:
     - When should I help my child avoid anxiety-provoking situations?
     - When should I encourage my child to face their fears?
     - How can I foster independence while still supporting my child?
     - How can I reduce the hold my child's anxiety has taken over our family?