

YOUTH GROUPS

CARMI & ELDORADO OFFICE



Social Skills

Egyptian Health Department is facilitating a therapeutic group focused on the development of social skills for youth. The social and life skills intervention teaches youth how to identify and follow social rules, understand and build healthy relationships, begin and maintain conversations, communicate and advocate effectively, and understand verbal and nonverbal communication.

12-17 years old – Thursday 4pm-5pm

Eldorado Contact: Tayler Gregg or Allison Threeth

Carmi Contact: Rachel Frederick or Alexis Myers

Coping Skills

Egyptian Health Department is facilitating a therapeutic group focused on developing coping strategies for youth looking to manage their emotions and stress more effectively. The purpose is to teach youth several coping strategies to utilize when feeling upset, angry, anxious, sad, and any other emotion that they find stressful. Each strategy will be taught, modeled, and practiced by the youth until they feel comfortable using it.

12-17 years old – Tuesday 4pm-5pm

Eldorado Contact: Tayler Gregg or Ali Kern

Carmi Contact: Rachel Frederick or Alexis Myers



For More Information, Please Contact the Child & Adolescent Division at 618-273-3326