



Innovative Therapy

Counseling and Mental Health Services

Groups open for registration:

Kids will Play : Tuesdays & Thursdays 3:00p-4:30p

An interactive space for children that provides therapeutic support in a leisurely environment. This weekly psycho-educational platform focuses on creating a space where children can interact allowing for a natural approach in addressing behavior concerns, focusing on increasing attention skills in children, decreasing undesired behavior while working towards producing desired behavior.

Parenting Workshop: Fridays 5:00p-6:30p

This weekly psycho-educational group engages parents in exploring major areas of awareness, knowledge and skill. Parents explore their experiences while gaining support and understanding.

Divorce Support & Stress Management: Tuesdays 7:00p-8:30p

A weekly psycho-educational support group for adults that addresses the emotional impact of separation and divorce process, providing coping strategies.

Families in Transition: Support for Kids - Fridays 3:00p-4:30p

A weekly psycho-educational support group for children who are facing changes in their families such as separation or divorce. This group helps kids understand their experiences and gain skills to cope with transitions.

Straight Talk for Teens: Tuesdays & Thursdays 5:00p-6:30p

A weekly psycho-educational support group for teens that encourages peer support, building positive relationships, self-esteem, and confidence. A space to connect with other teen.

Women Empowerment: Thursdays 7:00p-8:30p

A weekly group for women that provides support and encouragement in navigating through the challenges that come with life transitions

Journey To Success: A Workshop for H.S. Seniors: *available upon request*

A weekly workshop geared toward helping high school seniors identify what may be necessary in making the next step, educationally or vocationally, after graduation.

For group information and registration please call (516) 400-6780

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**Individual · Couples · Marriage & Family · Behavioral
Mental Health Counseling for Adults and Children
45-14 251st Street, Little Neck, NY 11362**