

# Support/ Skills Groups/ EF COACHING:

## ASU programs:

**Bridges:** Jr high to high school transitions

<https://reachinstitute.asu.edu/programs/bridges-to-high-school>

**The Amazing Me Program:** is an evidence-based program designed to help children ages 9 to 11 build self-esteem, body confidence, and eliminate weight-based bullying and teasing.

<https://reachinstitute.asu.edu/programs/amazingme>

**Compass for courage:** Gamified social-emotional learning program to teach kids proven **anxiety-management skills** in schools, private practice, or at home

<https://www.compassforcourage.com>

## Children- Tween Groups

### Elementary group

<https://www.marybrasch.com>

This is a group for kids who need to strengthen their social skills. We do not address transgender issues. Dr. Mark Rohde and I have facilitated this group for almost 20 years.

**Issues:** Peer Relationships, Relationship Issues, Self Esteem

**Types of Therapy:** Cognitive Behavioral (CBT)

**Age:** Children (6 to 10)

**Session Cost:** \$60+

*Group Meets Every other Thursday 6:15pm - 7:15pm*

Our Counseling Office  
3040 East Cactus Road  
Suite 6  
Phoenix, AZ 85032  
[\(602\) 910-2332](tel:(602)910-2332)

## **Middle School Group**

<https://www.marybrasch.com>

This a Social Skill group for middle school kids. We focus on how to strengthen social skills. This group does not address transgender issues, only social skills. Dr. Mark Rohde and I have been running this group for almost 20 years.

*Group Meets Every other Thursday 6:15pm - 7:15pm*

Our Counseling Office  
3040 East Cactus Road  
Suite 6  
Phoenix, AZ 85032  
[\(602\) 910-2332](tel:(602)910-2332)

## **G.E.M.S. (tm)-Girls Empowered, Motivated, and Strong**

<https://www.integratedmha.com>

Reoccurring girls 8-week group series geared at helping girls age 8-18 years old build self-confidence, self-esteem and develop healthy coping skills

Group Details/ Issues: Child or Adolescent, Coping Skills, Self Esteem

Types of Therapy: Cognitive Behavioral (CBT)

Age: Preteens / Tweens (11 to 13)

Session Cost: \$30 - \$50

Wellness Suites  
Scottsdale, AZ 85251  
[\(480\) 376-7472](tel:(480)376-7472)

## Teens

### **G.E.M.S.® (Girls Empowered Motivated and Strong)**

<https://www.integratedmha.com/who-we-are>

G.E.M.S is designed for girls to be given the opportunity to feel empowered, gain self-awareness, develop coping strategies, improve problem-solving skills, understand that they are not alone, and learn to make healthy decisions. Using Cognitive Behavioral Techniques, Shame Resilience, and Fun. Each session is different so if you've done one before you learn something new each time. Groups are designed for girls age 8-18 (divided into age cohorts) and space is limited

Group Details/ Issues: Child or Adolescent, Coping Skills, Self Esteem

Types of Therapy: Cognitive Behavioral (CBT)

Age: Teens (14-18)

Session Cost: \$30 - \$50

Wellness Suites  
Scottsdale, AZ 85251  
[\(480\) 376-7472](tel:(480)376-7472)

### **Teenage Girls Self-esteem, anxiety/depression, DBT**

<https://www.facebook.com/CallySkalko/>

Teenage girls ages 14-18 will work on DBT skills, talk about relationships, healthy boundaries, dating, self-esteem and healthy communication. Ask me for more details!

Group Details/ Issues: Anxiety, Relationship Issues, Self Esteem

Age: Adolescents / Teenagers (14 to 19)

Types of Therapy: Dialectical (DBT)

Session Cost: \$50 - \$70

*Group Meets Every Monday 6pm - 7:30pm*

Larksong Counseling LLC  
1166 East Warner Road  
Suite 101 L  
Gilbert, AZ 85296  
[\(480\) 422-2721](tel:(480)422-2721)

### **Girls Empowered**

Facilitators: Nina Sanyal, BA & Hannah Schlueter, BA

What you can expect: *Girls Empowered* is an 8-week group that aims to increase self-confidence and positive self-talk in high school aged girls. *Girls Empowered* will provide a comprehensive look at self-esteem by supplying psychoeducation as well as helpful tools members can apply outside of session to build self-esteem in day-to-day life. Nina and Hannah will use relevant tools that target poor self-esteem and negative self-talk in order to establish and more balanced sense of self. *Girls Empowered* will also utilize members' strengths and peer support when working to achieve individual and group goals. Members can expect to participate in both individual and group exercises as well as frequent group discussion.

Date/Time: Saturday's 11:30am - 12:45pm starting August 21st, 2021 - October 9th, 2021

Group size: Space is limited to 10 girls to ensure members are given adequate time and attention

### **Evolve Counseling**

[info@evolvecounselingAZ.com](mailto:info@evolvecounselingAZ.com)  
(480) 590-3915

1206 E Warner Rd. Suite 115  
Gilbert, AZ 85296

## **Pre-Teen/ Teen Group - "HORSE THERAPY"**

<https://www.hotmphx.com>

Help your youngster prepare for the teen years. The focus of this group is on mindfulness, communication skills, character building, leadership skills, and anti-bullying. The ultimate goal is to help our young people build the resilience and self-esteem they need to move into and through the teen years. All sessions take place in the arena with the horses. Our next group will start on November 5 and meet 7 times prior to the holidays. \*Screening/Intake required

Group Details/ Issues: Coping Skills, Peer Relationships, Self Esteem

Types of Therapy: Experiential Therapy

Session Cost: \$60

*Group Meets Every Monday 5pm - 6pm*

The Heart of the Matter, PLLC

Equine Assisted Psychotherapy

2885 N Price Rd

Chandler, AZ 85224

[\(480\) 409-2390](tel:(480)409-2390)

## **Adolescent Coping/Social Skills Group**

<https://www.infinitehealingandwellness.com>

Tweens face a unique set of circumstances. Their minds and bodies are changing at a rapid rate. The transition from childhood to adulthood comes with confusion about how to adapt from the child like mind to that of a responsible adult. This group will help to better equip teens with tools and skills to improve this stage of

development and to help them to better navigate difficulties inherent with this stage.

Group Details/ Issues: Family Conflict, Peer Relationships, Self Esteem

Age: Adolescents / Teenagers (14 to 19)

Types of Therapy: Trauma Focused

Session Cost: \$50+

Infinite Healing and Wellness

2563 S Val Vista Dr Suite 108

SE Corner of Val Vista and Williams Field

Gilbert, AZ 85295

[\(480\) 787-0122](tel:(480)787-0122)

## **Level Up: IRL; a 6-week series for teens**

<https://www.benavieri.com>

Help your kids bridge the gap and build a positive self-identity that affords them confidence, independence, and self-esteem necessary to stand up to peer pressure, make good choices, and become the men and women you know they can be. This isn't just for troubled teens, it's for everyone. For about the same cost as a recreational sport you can help them build their identity and confidence!

Topics by week:

- 1: Communication Skills Week
- 2: Values definition Week
- 3: Emotional regulation Week
- 4: ABCD Method of Decision-making
- 5: Boundaries and Relationships
- 6: Mindfulness and Stress Management

Group Details/ Issues: Child or Adolescent, Peer Relationships, Self Esteem

Types of Therapy: Mindfulness-Based (MBCT)

Age: Adolescents / Teenagers (14 to 19)

Session Cost: \$30 - \$50

*Group Meets Every Tuesday 6:30pm - 8pm*

Benavieri Counseling  
459 North Gilbert Road  
Suite C-110  
Gilbert, AZ 85234  
[\(480\) 530-6587](tel:(480)530-6587)

## **Teen Support**

<http://www.arrowheadfamilysystems.com>

Objective is to provide a safe and therapeutic environment for teen girls, boys and young adults struggling with the pressure of being a teen and new adult. Topics covered are Family Relationships, Peer Pressure, self Esteem and Body Image, Stress and Anxiety, Moodiness and Sadness, Substance Use, Sexuality and Social-Media /Bullying and managing life's expectations, responsibilities and distress. Helping our teens not just survive, but thrive in their world. Please email or call to register for group. Age focus varies by group. Groups run for 8 weeks.

Group Details/ Issues: Adolescent, Coping Skills, Self Esteem

Types of Therapy: Relational  
Age: Adolescents / Teenagers (14 to 19)  
Session Cost: \$40 - \$50

*Group Meets Every Thursday 5pm - 6:15pm*

Arrowhead Family Systems  
18301 N 79th Ave  
Ste B125  
Glendale, AZ 85308  
[\(520\) 704-8108](tel:(520)704-8108)

## **High School Group**

<https://www.creativeexpressioncb.net>

Self-esteem support group for high school girls- provides girls with opportunities to relate and connect to other girls while navigating challenges like covid19, school, dating, family, and friends. In this group, the girls will receive support, help for dealing with self-doubt, skills for handling stress, and an experience to explore and understand their authentic and unique identities. Anger management for high school boys- designed to help boys with better understanding their anger, spotting triggers, handling frustrating situations, identifying and effectively communicating feelings, learning steps to control anger, and relating to others regarding anger and current challenges.

Group Details/ Issues: Anger Management, Peer Relationships, Self Esteem

Age: Adolescents / Teenagers (14 to 19)

Types of Therapy: Expressive Arts

*Group Meets Every Monday*

Creative Expression, LLC  
1825 East Northern Avenue  
Suite #215e  
Phoenix, AZ 85020

Call Caitlin Brock  
[\(480\) 506-0885](tel:(480)506-0885)

## **Self-Esteem Group for Teens**

<https://arcadiacounselingcenter.com>

ACPS offers a five-week self-esteem group providing an opportunity to build positive self-esteem and confidence for female clients ages 11 to 18 in a therapeutic environment. Groups are limited and will focus on improving self-confidence, social skills, resiliency, stress management, frustration tolerance and coping skills.

Group Details / Issues: **Coping Skills, Peer Relationships, Self Esteem**

Age: Adolescents / Teenagers (14 to 19)

Session Cost: \$50+



**Group Meets Every Wednesday 6pm - 7pm**

Arcadia Counseling and Psychotherapy Services  
331 N 1st Ave  
Ste 102  
Phoenix, AZ 85003  
[\(480\) 447-8943](tel:4804478943)

*Contact: Vallerie Hancock Licensed Professional Counselor, PhD, LPC*

## **Boys 2 Men Confidence and Leadership Group**

<https://www.integratedmha.com>

Specifically for boys aged 14-18, this group is focused on helping boys to develop confidence and leadership as they move through their adolescence  
Group Details/ Issues: Child or Adolescent, Self Esteem

Types of Therapy: Cognitive Behavioral (CBT)  
Age: Adolescents / Teenagers (14 to 19)  
Session Cost: \$30 - \$50

Wellness Suites LLC  
3260 North Hayden Road  
Scottsdale, AZ 85251  
Call Integrated Mental Health Associates  
[\(480\) 771-8256](tel:4807718256)

## **GROUP THERAPY FOR ADOLESCENTS (MARICOPA)**

Group therapy can be a huge benefit for adolescents for a multitude of reasons:

1. Improved Self-Esteem
2. Improved Communication

3. Social Skills
4. Forming Relationships
5. Sharing
6. Reduced Stress
7. Universality
8. Coping Skills

Group therapy will be offered at Northern Lights Therapy, PLLC in the future. Topics will range from depression, anxiety, pornography, bullies, self-esteem, relationships, dating, etc.

Some groups may consist of a closed group format, meaning it will be a set number of groups and once started, no new individuals will be able to attend until it is offered again. Other groups will be open ended format, meaning individuals can attend as they please and new individuals may join as needed.

***Current Open Groups and Events:***

- Every Thursday evening from 630-730pm — Teen Support Group (ages 13 to 17)
- First Saturday of every month from 10am to 12pm — walk in Reiki sessions

Cost \$15 per session

Group Leader: Briana Reinhold, LPC

21300 N. John Wayne Pkwy # 103

**Workshops:**

"S'Mores & More"

***Kind of like a Workshop...Kind of like Camping...  
Learn a skill, practice a skill, have a S'More!!!***

## *Enrollment Now Open for Fall 2021 Workshops*

"S'Mores & More" Educational Workshops are short term classes or topical discussions centering upon a particular theme or topic, such as organizational skills, friendship skills, personal empowerment skills, and others. We regularly introduce new workshop topics, so visitors are encouraged to check back regularly for new offerings. Some information will be presented in classroom / lecture format, similar to the way a teacher might present a lesson. Other information will be presented through informal group discussions around a particular theme or topic. The goal of S'Mores & More Educational Workshops is to provide new knowledge, information and skills in a **fun and engaging way** that will benefit children and teens. Each workshop session will typically involve a fun ice-breaker activity, a lesson or skill for the day, a period of rehearsal or discussion, and finally, a closing activity that will include a S'More snack (marshmallow / chocolate / graham cracker cookie). Weather permitting, all S'Mores & More sessions will take place outside around a fire pit on our "open air" private patio, and participants may participate in roasting their own marshmallows for their S'mores snack at the end of each workshop session! To see specific workshop topics, dates/times or to register, click on the blue "Enroll" button above!

[\(602\) 824-8804](tel:6028248804)

[Office@arizonachildpsychology.com](mailto:Office@arizonachildpsychology.com)

7220 N. 16th Street, Phoenix, US, 85020

[arizonachildpsychology.simplybook.me/v2/](https://arizonachildpsychology.simplybook.me/v2/)

Executive Functioning Coaches: *I have not worked directly with any of them- you will have to decide on who might be a good fit and who will be affordable for you.*

Executive Functioning Coaching: Everything You Need To Know!

<https://coachfoundation.com/blog/executive-functioning-coaching/>

Coaches in AZ

<http://www.azfamilylifecounseling.com>

<https://powerfulchange.org>

<https://www.integrativecoachingforfamilies.com/index.html>

<https://lifeskillsadvocate.com/executive-function-coaching/>

<https://seekarizona.org/behavioral-health-services/behavior-coaching/>

<https://elevatecounselingaz.com/homework-organizational-executive-functioning-coaching-glendale-az/>

Tele- Coaching

<http://www.carolgignoux.com>

<https://efpractice.com>

<https://drhallowell.com>

<https://www.beyondbooksmart.com/executive-function-coach>

<https://susanlasky.com/student-coaching/>

<https://sethperler.com/educational-coaching/>

<https://www.worksmartcoaching.com>

### **Executive functioning courses:**

**Sara Ward: Skills to improve executive functioning (interview- reviewing her program philosophy)**

<https://youtu.be/qXXvqCp1Vu0>

**Sara Ward: Time Management Course**

<https://sarahward2.selz.com/item/teaching-students-how-to-schedule-their-time>

**OT Tool -box EF coaching:**

<https://www.theottoolbox.com/executive-functioning-skills-course/>