

ESSENTIAL CTS COUNSELING AND THERAPEUTIC SERVICES, PLLC.

Therapeutic Activity Groups!



These groups are designed for those who are looking to have more social opportunities in their lives.

Participants explore a host of exciting therapeutic activities geared towards recreation, relaxation and social engagement.

This group will meet weekly.

Affordable sessions: \$30 per week

Saturdays

Ages: 8-11

Ages: 12-14

Ages: 15-18

Ages: 18&up

Schedule Intake for this group: email@essentialcts.com

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Emerging Adults: The Path to Adulthood

Ages: 16-21

This DBT informed group is designed to meet emerging adults where they are on the pathway to adulthood. Previous and current group members appreciate the ability to talk openly about curiosities, struggles, fears, hopes and dreams in a safe, supportive space while also incorporating real-life role-play strategies to deal with adult issues such as budgeting, dating and employment. This group will meet weekly. Affordable sessions: \$45 per week

**Schedule Intake for this group:
email@essentialcts.com**

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The Art of Conversation

Ages: 16-20

Ages 21&up

This 16 week course is designed to provide intensive in-vivo practice of proven conversation skills. This course is recommended for people with mild to moderate social anxiety, ADHD, Autism or just plain shyness.

This group will meet weekly

Affordable sessions: \$45 per week

**Schedule Intake for this group:
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WHAT'S YOUR **SUPERPOWER?**

This group will meet over a 12 week period ending just before the School Winter Break. The group will be guided through the superpowers of mindfulness, emotion regulation and perspective taking. Effective Social Skills statistically proven to work will be practiced in vivo in an exciting and engaging format. Take home assignments with strategies for parents will be given weekly. \$45 is required to reserve a space in this group. \$495 will be due by the start of the first session.

**SOCIAL SUPERPOWERS:
DBT based skills
for
Children &
Adolescents**

Saturdays

**Ages 5-7
and
Ages 8-10**

**Schedule and intake for
this group:
email@essentialcts.com**