

New Beginnings Counseling Service, P C.
Summer Programs for 2011

WOMEN'S MOVEMENT GROUP

Mondays 11:00am to 12:15pm

New Beginnings is offering a small group for women 18+ to partake in an interactive support and self care group. Relax, unwind, and explore yourself through self expression and creative movement. GROUP HAS A MAXIMUM OF 5 PEOPLE

MINDFULNESS-BASED STRESS REDUCTION GROUP

This is a group for adults suffering from anxiety and or depression. The group will utilize yoga, meditation, discussion and relaxation (YMDR) techniques. The aim of the group is to optimize emotional and physical health through the development of self-awareness, flexibility and resilience. Research suggests that Mindfulness training helps with anxiety, depression and anger. It also has positive biological effects on the body: brings down blood pressure, lowers cholesterol, enhances the immune system and helps reduce chronic pain. This group is led by a trained therapist, Carol Marks- Stopforth. Carol is a licensed Mental Health Counselor. She has been practicing and teaching yoga for forty years and has been a Meditation Practitioner for twenty years. THIS GROUP HAS A MAXIMUM OF 8 PEOPLE.

PARENT SUPPORT GROUP

Tuesday 7:00pm to 8:00pm

Due to popular demand New Beginnings is offering a support group for parents with children/teenagers. Groups will be developed based on individual needs. Take the opportunity to create your own agenda, to make sure you talk about what it is that you need! In addition, weekly topics will be provided in order to receive education, support, and perspective. Join other parents who are also looking for a place to share resources, problem solve, and explore various parenting skills, management techniques, and home management hints! Don't miss this chance to be part of a safe and judgment free support network.

SOCIAL SKILLS GROUP FOR SCHOOL AGED BOYS New Beginnings is offering small group sessions for young school aged boys in need of social skills training. Each group is led by a trained therapist who will help the children express and understand their feelings. The children will learn social skills, and self management techniques while giving them the opportunity to increase their self esteem and have fun! A main goal of this group is to offer a structured opportunity, to have safe social interactions while receiving emotional support, in the moment guidance. GROUP IS LIMITED TO 8.

THERAPEUTIC GRADENING GROUP: SOCIAL SKILLS GROUP WITH A TWIST

Monday: 11:00-12:00pm OR Tues: 10:00-11:00am

New Beginnings is offering small group sessions for children of similar ages (5-15) to meet weekly throughout the summer. This group is led by a trained therapist who combines her passion of gardening

with her expertise for working with children/adolescents. The goals of this group include: *The mastering the skills of gardening, as this is a goal driven process. Plan to pick flowers/ vegetables that the group has grown. *Explore and interact with the environment. * Learn the importance and necessary skills of teamwork. *Pick flowers and vegetables that the group has grown. * Enjoy the activity of gardening while learning the skills of socialization and self management.

TEENAGE GIRL'S SUPPORT GROUP

FRIDAYS 10:00-11:00AM

New Beginnings is offering a small group for teenage girls (12+) to have a safe and social place to manage their way in the world today. The group will create their own agenda by reviewing various topics conducive to their personal lives/situations. The goal of the group is to provide a support network made up of a peer group in order to receive education, support, and skills to help manage situations in their teen world! The weekly agenda will be based on age and needs of participants. This group will be led by a clinician who also works in the school setting. She is familiar with the environment and pressures of our schools today.

ACTIVITY BASED SOCIAL SKILLS GROUP

New Beginnings is offering small group sessions for children of similar ages (5-15) to meet weekly throughout the summer. Each interactive group will focus on a variety of activities/games in order to facilitate a safe social environment. The goal of the group will be provide to the opportunity to teach children self management skills, socialization techniques, and a place to try creative ways to experiment as they learn. The group promises to incorporate all sorts of social situations in order for each individual to learn to negotiate themselves in a variety of social settings and situations.

REGISTER EARLY! PRE-REGISTRATION IS REQUIRED PLEASE CONTACT HEIDI MOSS @ 438-0038 EXT 215