

Pathways



Center for Learning & Behavioral Health LLC

Newsletter Fall 2009

The Pathways staff will be offering the following workshops this Fall

Start dates will be dependent on enrollment numbers. Please contact 860-767-1277 ext. 201 for more information and to enroll or visit our website at www.pathwaysessex.com

Thomas Allen, Ph.D.

1.) PEER SOLUTIONS

SOCIAL SKILLS TRAINING PROGRAM FOR CHILDREN

Boys and Girls ages 10-13. The focus of this 8-session workshop will be on helping participants develop skill and confidence in social situations.

- **Understanding Non-Verbal Language
- **Reading Social Cues
- **Assertiveness
- **Conflict Resolution
- **Understanding Healthy Boundaries

2.) GAINING CONFIDENCE IN SPORTS

HELPING YOUNG ATHLETES REACH THEIR TRUE POTENTIAL

This 6-session workshop will be offered to Junior High and High School athletes and their parents. This workshop is aimed at teaching athletes the mental skills required to handle the pressure of competitive sports. Parents will learn how to facilitate this process and support their child's development.

Diana Johnson, APRN

1.) MY PARENTS ARE GETTING A DIVORCE / TWEENS DEALING WITH DIVORCE Boys and Girls ages 6-9 or 10-13:

This 8 week workshop will focus on everyday issues kids deal with when parents are going through a divorce. Kids will be able to discuss their thoughts and feelings in a safe environment through a series of activities and discussions with kids their age.

2.) GROWING UP WITH A GLBT PARENT

(GAY, LESBIAN, BISEXUAL, TRANSGENDER) Boys and Girls ages 11 and up : This 8 session workshop is designed for kids 11 years old & up and will explore the challenges kids face as well as the positive aspects of having a GLBT parent. Kids will discuss their thoughts and feelings in a safe environment through discussions and activities.

3.) GETTING TO KNOW YOUR ILLNESS

Boys and Girls ages 11-13 or 14-17: This 6 session workshop will focus on thoughts, feelings and ways of dealing with a medical condition.

Topics will include: *Getting to know your illness and not hate it.

*Body image and self image. *Peer relationships. *School demands.

*Getting to know your illness and not hate it *Body image and self image

Cara Barbieri, Psy.D.

1.) PARENTS RAISING DEVELOPMENTALLY DELAYED CHILDREN.

This group will provide a chance for parents to build a support network with other parents of developmentally delayed children in their community, feel a sense of connection with others and become comfortable sharing their struggles as parents. In addition to group support, parents will learn techniques for managing the often difficult behaviors and challenging parenting requirements of raising a child with a developmental delay.

2.) EMOTIONS THROUGH MUSIC

SHARING THOUGHTS, RELATIONSHIPS AND MUSIC
CO-ED GROUP FOR ADOLESCENTS AGES 13-15 or 15-17

Dr. Barbieri will use the music teenagers love to facilitate a shared group experience in order to navigate the difficult struggles that teens face including the pressures of drugs, alcohol, low self-esteem, depression, peer and familial relationships.

*Participants will learn skills for managing difficult and stressful teen situations.

*Participants will have the opportunity to learn from their peers and become more comfortable sharing their feelings, thoughts and experiences with others.

*Participants will be an integral member of a group where conflict is explored and processed. Differences accepted and respected.

Nancy C. Lucas, LCSW

1.) "SANDWICH GENERATION"

Are you one of the many adults who find themselves caring for an elder relative while trying to attend to your own family?

If so, this 6 session workshop will offer the opportunity to share feelings, experiences and learn about ways to cope with the stress of feeling "squeezed from both sides."

Pathways is located at 251 Westbrook Rd. in Essex (Across from the Shoreline Clinic)