

Read about our specialized groups fit for your specific needs

Check the groups you would like to join:

\_\_ **Parent Support Group –** A support group for parents of adolescents suffering with mental health challenges.

\_\_ **DBT/Parent Support Group –** Bi-weekly support groups that incorporate the four essential DBT skills to help people reduce the impact of emotional distress: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance

\_\_ **Eating Disorder Support Group –** A group for emotional eaters and those who want to have a healthier relationship with food

\_\_ **Teen Group –** Support group for teens coping with depression, anxiety, or general stressors. Topics include: dating, bullying, influence of media, and self-esteem

\_\_ **Happiness Group –** Support group focused on helping participants feel happier while providing strategies to cope with negativity, distress, or unhappiness

\_\_ **Managing Stress through Mindfulness & Meditation Group –** Weekly group to help you combat the stress you experience using simple and effective strategies

\_\_ **Adult Group –** Support group for men and women ages 18+ coping with depression, anxiety, or general life stressors. Topics include: relaxation, building confidence, coping skills, and self-esteem

\_\_ **Children of Divorce Group –** This group will focus on the anxiety and depression children and adolescents may experience while their parents are going through a divorce

\_\_ **Over-Spenders Group –** Support group designed to help participants overcome impulse spending

\_\_ **Trauma Recovery Group *‘From Hurting to Healing’* –** Provides a safe and supportive therapeutic environment for survivors to learn about trauma, and develop coping strategies

\_\_ **Early Recovery Group –** A support group for individuals seeking recovery from substance abuse who are struggling to maintain abstinence from drugs or alcohol.

Give us a call at 201-488-6678 or email intake@specializedtherapy.com for more information on these groups.

---------------------------------------------------------------------------------------------------------------------------------------*Please contact me to sign up for one of the above groups.* Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_