

**Free Virtual
Groups
for Youth**

YMCA FAMILY SERVICES

TEEN TALK (AGES 13-17)

- EFFECTIVE STRATEGIES FOR:**
- **COPING WITH CHANGE**
 - **MANAGING STRESS/ANXIETY/ANGER**
 - **SUPPORTING PEERS THROUGH UNEXPECTED AND UNKNOWN CHANGE**

Thursdays 8:15 pm

KIDS CHAT (AGES 8-12)

- **ADAPTING TO CHANGE**
- **IDENTIFYING AND COPING WITH FEELINGS**
- **SETTING BOUNDARIES**
- **RECOGNIZING SELF WORTH**
- **CONFLICT RESOLUTION**

Thursday 6:15 pm

MOVING FORWARD WHILE GOING BACK (GRADES 3-5)

GROUP WILL HELP YOUR CHILD WITH:

- **GETTING ALONG WITH OTHERS**
- **POSITIVE SOCIAL BEHAVIORS**
- **COPING SKILLS**
- **MANAGING EMOTIONS**
- **ADAPTING TO NEW LEARNING**

Thursdays 5:15pm

MOVING FORWARD WHILE GOING BACK (GRADES 6-8)

- **HEALTHY COMMUNICATION SKILLS**
- **POSITIVE SOCIAL BEHAVIORS**
- **ADJUSTING TO SCHOOL**
- **PROBLEM SOLVING**
- **MANAGING STRESS/ANXIETY**

Tuesdays 7:15 pm

NEW

Parent Workshop

STRATEGIES FOR SUCCESS

**SUPPORTING YOUR CHILD IN
ADAPTING TO ACADEMIC
AND SOCIAL CHANGES**

Thursdays 8:15 pm

for 2 weeks

10/8 & 10/15

**To Register for a group
call**

(631) 580-7777

**Groups will start the week
of October 5th and run
through November 19th**

**These services are a part of the Diversion Project
funded by the Suffolk County Youth Bureau**

