

## Why choose group therapy?

Group therapy provides a great opportunity to learn and practice skills with support and coaching from group leaders. During group sessions, youth connect with peers and see they are not alone. The entire group learns to work on shared problems together.

## FAQs

### How often do groups meet?

Groups usually meet weekly for 12 sessions on the same day and time. For example, Mondays at 5:00 p.m.

### How long does each group last?

Group sessions are usually 45 to 60 minutes long.

### How large are the groups?

Typically, there are four to eight children or teens in each group.

### How many leaders are there per group?

Groups generally have two group leaders.



## Contact Us

For more information, please call a Group Coordinator:

Danielle Wolfson, LMHC  
(585) 273-4099

Robyn Broomfield, LMHC  
(585) 602-2420

### Main Locations:

1860 South Avenue  
1st Floor  
Rochester, NY 14620

200 E. River Road  
Third Floor  
Rochester, NY 14623

[golisano.urmc.edu/behavioralhealth](http://golisano.urmc.edu/behavioralhealth)

Part of Strong Memorial Hospital.



UR  
MEDICINE

GOLISANO  
CHILDREN'S HOSPITAL

Pediatric Behavioral Health & Wellness

## Group Therapy



UR  
MEDICINE

GOLISANO  
CHILDREN'S HOSPITAL

## About our groups

---

We offer group therapy for children and adolescents with a wide range of needs and challenges. Skills learned include emotion regulation, coping and communication strategies.

### Acceptance and Commitment (ACT) Art

This teen group uses art therapy and Acceptance and Commitment Therapy (ACT) principles to help members identify values, examine choices, and increase self-esteem. Teens will be asked to experiment with a variety of materials, such as drawing, painting, air-dry clay, and collage.

### ALLY

The primary focus of this group is to provide a safe, inclusive and affirming environment to foster relationships, interpersonal skills and the evolution of identity.

### Anger Management Group

This teen group uses social learning and cognitive behavioral approaches to help its members explore anger schemas, identify functions of anger, and develop coping strategies.

### Cognitive Behavioral Therapy (CBT) for Anxiety

These groups allow participants to develop a better understanding of anxiety, as well as learn and practice



a variety of relaxation and coping skills including cognitive and behavioral strategies. There are separate groups for children and teens.

### Dialectical Behavioral Therapy (DBT) Skills

In these groups, teens and their parents learn emotion regulation strategies. Skills covered include mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and middle path skills.

### G.R.A.C.E (Growing Racial Awareness and Cultural Empowerment)

In this group, African-American teens increase awareness of their racial and cultural identity. Members develop positive self-esteem and an empowered understanding of their role in today's society.

### H.E.A.R.T (Healing Trauma with Education, Awareness, Resiliency, and Teamwork)

This group focuses on increasing trauma-focused skill development and solidarity. Topics include trauma psychoeducation, self-esteem, and relaxation, among others. There are separate groups for younger and older children.

### PEERS (Program for the Education and Enrichment of Relational Skills)

This program enables teens and their parents to participate in step-by-step social skills training developed at UCLA for teens on the autism spectrum. Skills covered in-group include using humor, entering and exiting conversations, arranging get-togethers and teasing the teaser.

### Social Skills

Group members learn and practice social, coping and communication skills. Examples of skills covered include making friends, problem-solving, conversation skills and effective coping strategies. Groups are offered for children and teens ranging in age from preschool to high school. (Typically, there is no more than a two-year age span for each group.)



### Social Thinking/Drama

In these groups, members use drama therapy techniques including improvisation, storytelling and role playing to practice and expand their social thinking and related social skills such as cognitive flexibility and perspective taking. These groups are mixed gender, and there are separate groups for younger and older children.

### Strengthening Families

A multi-family group program for parents and their children with disruptive behaviors. Group sessions include discussions and activities on managing rules at home, building positive relationships, improving family communication, and dealing with stress.

### Teen Relationships

This group helps teen girls develop skills to form and maintain healthy relationships. Topics covered including trust, boundaries, communication, self-esteem, and social media safety.

## How do I get my child or teen into group?

---

If your child or teen is already participating in services with us, please discuss your interest in groups with your primary clinician. If your child is not currently being seen by us, call (585) 279-7800 to schedule a phone screen. If they are a good fit for group therapy, you will be asked to come in for a screening appointment to help match your child or teen to a group.