FAQs

Q: How often do groups meet?
A: Groups meet weekly for 12 sessions on the same day and time. For example, Mondays at 5:00 p.m.

Q: How long does each group last?
A: Group sessions are usually 45 to 60 minutes long.

Q: How large are the groups?
A: Typically, there are four to eight children or teens in each group.

Q: How many leaders are there per group?
A: Groups generally have two group leaders.

For more information, please call a Group Coordinator: Christine Brent, LCSW-R, CGP at (585) 279-7824 or Megan Lehman, LMHC at (585) 273-3594.
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.

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.

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. There is an Identity Group, which focuses on LGBTQ+ youth interested in exploring their identity and finding peer support, as well as a Transitions Group, which is geared for youth who are in the process of transitioning.

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.

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.

Teen Issues

Guided by a cognitive behavioral framework, these groups give adolescents the opportunity to learn and practice adaptive coping and communication skills. The goal is to help teens navigate stressors and relationships more successfully across settings.

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 he or she is 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.