

# PARENTING FOR RESILIENCE GROUP AND CHILDREN'S SOCIAL AND EMOTIONAL GROWTH GROUP

*Increase children's self-esteem and social connectedness and strengthen parent-child connections.*

Northwell Behavioral Health Center is excited to launch two new 6-week groups – one for parents and one for children. Led by Brittney Chatel, LMHC, and Amy Callahan, LCSW, groups will meet Wednesdays at 6:00 PM at our Commack location.

## Weekly topics include:

- **Week 1, Social Skills:** Practice conversation, active listening, problem-solving, and empathy for connection and confidence.
- **Week 2, Identifying & Understanding Emotions:** Enhance emotional awareness by identifying, labeling, and expressing feelings through interactive activities.
- **Week 3, Communication Skills:** Improve verbal/non-verbal communication, active listening, and social confidence.
- **Week 4, Coping Skills for Anxiety:** Understand anxiety and practice healthy strategies to manage anxious feelings.
- **Week 5, Emotional Regulation:** Learn to recognize, understand, and healthily manage emotions.
- **Week 6, Self-Esteem:** Boost self-esteem and social connection by identifying strengths and providing positive peer feedback.

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To register for the **Parenting for Resilience Group**,  
[click here](#) or scan the QR code



To register for the **Social and Emotional Growth Group**,  
[click here](#) or scan the QR code



Presented by Northwell School Mental Health Program

**Mineola** – 156 1<sup>st</sup> Street, Lower Level, Mineola, NY 11501 | 516-321-5770

**Rockville Centre** – 100 Merrick Rd., Suite 101, Rockville Centre, NY 11570 | 516-927-1630

**Commack** – 2171 Jericho Tpke, Suite 345, Commack, NY 11725 | 631-775-3280

**Riverhead** – 877 E. Main St., Riverhead, NY 11901 | 631-803-3104

**Mount Kisco** – 657 Main St., Mount Kisco, NY 10549 | 914-561-3740

