



Groups available for:

Children (ages 4 - 12)
&
Teens (ages 13 - 18)



If you are interested, call (630) 377-3535 to place your child's name on the list. When a group is available, we will contact you to schedule a time to meet with the psychologist running the group



David Goodman, Ph.D. Family Psychologists

405 ILLINOIS AVE. SUITES 2C & 2D
ST. CHARLES, IL 60174
630-377-3535 goodmand3@comcast.net
www.familyshrink.com

**David Goodman, Ph.D.
Family Psychologists**

GROUPS

We offer the following groups:

SOCIAL SKILLS

ANXIETY

DEPRESSION

CHILDREN OF DIVORCE

SIBLING SUPPORT

ANGER MANAGEMENT

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Social Skills Group

- Establishing & sustaining friendships
- Play Etiquette
- Initiating & sustaining Conversations
- Nonverbal Body Language
- Social Behaviors
- Problem Solving
- Coping Mechanisms
- Appropriate Assertiveness
- Cooperation and Teamwork



Anger Management Group

- Discover personal "anger cues"
- Learn relaxation techniques to use when upset
- Use problem solving for successful conflict resolution
 - Express feelings in an appropriate manner
 - Decrease aggressive outbursts.



Children of Divorce Group

- Experience connection with other children going through divorce
- Work through feelings of grief and insecurity related to the divorce
- learn coping strategies to manage difficulties associated with the divorce.



Anxiety Group

- Learn how anxiety develops
- Learn relaxation techniques
- Desensitization
- Fears and phobias
- Strategies to overcome anxiety
- Opportunities to practice with people who understand



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Sibling Support Group

- Coping with separation and divorce
- Understanding and accepting of siblings' disorders
- Improving family communication and problem-solving
- Peer support

Depression Group

- Learn how depression develops
- Learn to cope with sadness or loss of interest in activities
- Hear how others handle their symptoms
- Receive support from people who understand

TEEN GROUP

Offered to teens ages 13 -18

Teen groups focus on learning:

- Adaptive coping skills to decrease anxiety
- Appropriate conversation starters and how to end conversations
- Identifying emotions
- Responding to non-verbal cues
- Identifying how behavior affects others

The group provides a safe environment to process emotions and increase comfort levels in social situations



Insurance Plans Accepted

Our Providers belong to several plans including:

- Blue Cross Blue Shield PPO
- Aetna
- United Behavioral Health HMO & PPO
- Cigna
- MultiPlan/Private Healthcare Systems
- Value Options
- Humana HMO & PPO (LifeSynch)
- Magellan

Please verify insurance coverage in advance