



**Groups occur in person & run  
after school hours**

**Most major insurances accepted!**

**Location:  
61 Davis Ave, Neptune, NJ**

**For more information or to start  
the intake process, give us a call  
at: 732-869-2784**

**KEEP GETTING BETTER**

# Therapy GROUPS

## CHILDREN & TEENS (3-18)

### Therapeutic Nursery Groups

- For children ages 3-6 experiencing behavioral and social challenges
- Focus on building social skills & identifying/regulating big emotions

### Social Skills Groups

- For children aged 7-13 experiencing social, emotional and/or behavioral issues
- Focus on social skills, peer relationships, anger managements & identifying/regulating emotions to improve relationships

### Coping Skills Groups

- For children ages 7-16 experiencing difficulty coping with strong emotions and stressors
- Focus on identifying and regulating emotions by learning healthy coping strategies including creative arts!

### ADAPT Groups

- For pre-teen & teen girls with anxiety or depression
- Focus on learning health coping strategies and developing peer support

**Call us today to enroll your child in a group!**



**Hackensack Meridian  
Children's Health**