

# Krasner Center Current Group Offerings

## Getting Better, Together

### 1. Anxiety Management Group

- Understand how avoidance plays a role in anxiety, depression, and other mood concerns
- Use active exercises shown to help overcome avoidance behaviors
- Increase awareness and understanding of how cognitions and unhelpful thinking styles play a role
- Learn skills related to mindfulness, emotional awareness, flexibility in thinking and exposure

### 2. ADHD/Executive Skills Treatment Program

- Master study/work habits to improve functioning in both academic and day-to-day activities
- Learn new skills like time management and prioritizing task
- Learn to manage inattention and hyperactivity
- Learn to effectively cope with anxiety and depression often associated with ADHD

### 3. Skills for Healthy Relationships

- Need help navigating dating, romantic, and sexual relationships?
- Want to learn how to be the best partner you can be? Not sure how to find ideal partners who meet your needs?
- Learn evidence-based skills for navigating all aspects of relationships

### 4. Cognitive Behavioral Group Therapy for Depression

- Learn to use effective coping strategies to better deal with life stressors, promote positive outcomes in your daily life, and improve your mood
- Increase the use of helpful thought processes
- Strengthen your emotional control
- Decrease behavioral and emotional avoidance
- Learn to improve your interpersonal skills!

### 5. SPACE: Supportive Parenting for Parents of Children with Anxiety

- Treatment developed by the **Yale Child Study Center**
- Empowering parents to effectively address their children's anxiety & OCD
- Parenting a child with anxiety means facing constant challenges and questions:
  - When should I help my child avoid anxiety-provoking situations?
  - When should I encourage my child to face their fears?
  - How can I foster independence while still supporting my child?
  - How can I reduce the hold my child's anxiety has taken over our family?

