

Summer Groups for Mental Health and Social Emotional Development

Erica Gorton, LMHC, NCC, SAC
<https://ericagortonlmhc.wixsite.com/summergroups>

What?

7 week sessions
All groups are open to all genders. Ages 8-13

Group Offerings Summer 2023

Coping with Worry/Anxiety

Cognitive-behavioral therapy (CBT) based strategies for managing anxiety

Getting Ready for Middle School and Managing worries

For Kids making the transition from Elementary to Middle School

Self-Esteem and Positive Coping Skills

For kids working on feeling good about themselves, overcoming negative self-talk and managing feelings

Where?

992 Great Plain Ave, Needham, MA

When?

Mondays Summer 2023

Dates: 7/10, 7/17, 7/24, 8/7, 8/14, 8/21, 8/28

How?

Cost: 650.00 per 7 week group

Unfortunately, no insurance is accepted at this time.

Please contact me at ericagortonlmhc@gmail.com or call 508-492-5320 to inquire about group availability. Please state your child's name, date of birth, and group interest.

Intake forms will be sent to you via email upon your inquiry. Once intake forms are complete and your child is accepted into the group, full payment and consent forms are due.

<https://ericagortonlmhc.wixsite.com/summergroups>

Groups are also currently being formed for Fall 2023 during after school hours!



