



Group Offerings

Call (502-709-0410) or Email (admin@creativefamilycounseling.org) our Practice Administrator, Jenna to reserve your spot today!

All Groups listed below designate the location of the group meeting.

[Child Group](#)

[Teen Group](#)

[Adult Group](#)

[Parent Group](#)

Starting June 2024

Parenting Neurodivergent Children: How to Meet Their Needs While Caring for Yourself

Facilitated by Lisa Cardwell, LMFT & Student Intern

Thursdays at Prospect from 11:00am-12:30pm | June 6 - August 1 (skip July 4)
| \$90 per 90 minute group session | Maximum 8 parents

This group is designed for parents of children with Autism, ADHD or other Neurodivergence. Group participants will receive and offer support to fellow parents, as well as learn practical skills for self and for their children. Parents will learn clear communication skills that children with neurodivergence thrive with and develop ways to meet needs for self care as parents. This will be a great time to learn from other parents who face similar challenges.

Social Skills for Neurodivergent Children (ages 8-10)

Facilitated by Lisa Cardwell, LMFT & Student Intern

Thursdays at Prospect from 3:00pm-4:30pm | June 6 - August 1 (skip July 4)
| \$90 per 90 minute group session | Maximum 8 clients

This group is designed for children between the ages of 8-10 with Autism, ADHD or other Neurodivergence. Group participants will receive and offer support to fellow participants. We will learn practical social skills for home and community settings, learn clear communication skills and how to recognize and regulate emotions. This will be a great time to learn alongside other children who face similar challenges.

Social Skills for Neurodivergent Children (ages 10-12)

Facilitated by Lisa Cardwell, LMFT & Student Intern

Thursdays at Prospect from 5:15pm-6:45pm | June 6 - August 1 (skip July 4) |
\$90 per 90 minute group session | Maximum 8 clients

This group is designed for children between the ages of 10-12 with Autism, ADHD or other Neurodivergence. Participants will gather to receive and offer peer support and to learn practical skills to be used in their homes and communities. Skill building will be focused on communication and social skills, and how to recognize and regulate emotions.

Coming up...

AutPlay for Children

Coming mid-June 2024. Multiple groups will be offered for a range of ages. AutPlay Therapy is a play and behavioral therapy approach specifically for children affected by Autism Spectrum Disorders, ADHD, dysregulation challenges, and other neurodevelopmental disorders. Play and behavioral therapy are integrated with a relationship development model to build skills in emotion regulation ability, social skills and functioning, reduce anxiety levels, sensory processing, improving concentration, focus, and attention, reducing unwanted behaviors, and improving relationship development and connection. Provided in the group setting allows for peer support, feedback, and improved learning and success.

Art Therapy Group for Children

This group is designed for children to be able to explore and express themselves through Art/Expressive Therapy interventions. Clients will expand their emotional language and understanding, build skills in regulating and expressing emotions, and will benefit from peer support and feedback within the group setting.

Polyvagal Theory for Parents

This enlightening group provides a safe space for parents to delve into the fascinating world of the polyvagal theory and its profound implications for parenting and family dynamics.

Through engaging discussions, practical exercises, and real-life examples, parents will learn how to regulate their own nervous systems and create a nurturing environment that promotes their children's well-being. Uncover the science behind human connection and cultivate a profound sense of empathy and compassion within the family unit.

Divorce Support for Kids

Divorce Support for Kids is a four-week group designed for children whose parents are going through a separation or divorce. We provide a safe and supportive environment where children can express their feelings, share their experiences, and receive support as they navigate complex emotions associated with this significant life transition. Children will have the opportunity to interact with peers who are going through similar experiences, fostering a sense of belonging and normalization of their emotions. Through various activities, discussions, and age-appropriate therapeutic techniques, children will learn to communicate their feelings, address their concerns, and develop healthy ways to express themselves.