



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](#)

Upcoming

[Success Through Mindfulness](#)

Facilitated by Melanie Summers, LPCA, Certified yoga therapist with the International Association of Yoga Therapy, Somatic EMDR Therapist, and reiki practitioner

Mondays at [Prospect](#) | 6:15pm - 7:30pm | October 28 - December 16

\$75 per 75 minute group session | Maximum 9 clients | Closed Group
Teens - High School, Ages 14+

Our primary goal is to create healthy self-images and teach teenagers mindful tools to help with the pressures of social media, school, peers and the anxiety of feeling not “good enough.” Great for teens experiencing depression, anxiety, as well as, teens discovering their identities.

Coming Later

Art Therapy Group

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.

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.