

Moving Forward, PLC

[Young Children's Group \(Ages 4 and 5\), Mondays 4:30-5:30pm](#) [Young Children's Group \(Ages 6 and 7\), Wednesdays 3:30-4:30pm](#)

The Young Children's Group works on social skills to include effective communication, personal space, assertiveness, impulse control, and turn-taking. Each group starts with members greeting one another. We then move into an activity to help teach and/or practice the skills we are working on in group. Once the activity is complete, we move into a "go with the flow" exercise. Each week a different group member is chosen to pick the activity group members will participate in for the remainder of the session. Group members practice their flexibility by "going with the flow" of their group member's choice. We end each group with "onions and pearls" where each member shares something positive/negative about their week.

Young Children's Group (Ages 4 and 5), Mondays 4:30-5:30pm

*Led by Katie Bly, LMSW, Licensed Resident in Clinical Social Work
(contact Katie Bly at kbly@movingforwardplc.com)*

Young Children's Group (Ages 6 and 7), Wednesdays 3:30-4:30pm

*Led by Katie Bly, LMSW Licensed Resident in Clinical Social Work
(contact Katie Bly kbly@movingforwardplc.com)*

[Upper Elementary Group, Wednesdays from 5:30-6:30pm:](#)

The Upper Elementary group is a social skills group that works to improve emotional regulation and effective engagement with peers. The group utilizes cognitive behavioral strategies and social games to build self-esteem, increase flexibility, and improve self-control. We start each group with a greeting and "onions and pearls" (something good that's happened and something that didn't go well). From there, we go on to an activity that teaches a relevant therapeutic skill or tool. We end group with a "go with the flow" exercise in which a different group member gets to pick an activity for the last ten minutes of group. The other group members practice "going with the flow" of their group member's choice. This group is led by Katie Bly, LMSW, a Licensed Resident in Clinical Social Work.

Contact Katie Bly @ kbly@movingforwardplc.com to register.

[Elementary Boys Group, Thursdays from 5:00-6:00pm:](#)

This social skills group is structured to help boys work on turn taking, conversation starters, self-control, and having healthy social interactions. We start each group off with a greeting and onions and pearls (something good that's happened and something that didn't go well), from there we go on to an activity that teaches a relevant therapeutic skill or tool. Each week, we also incorporate elements of the "Superflex" curriculum, a curriculum designed to help kids strengthen their flexible thinking skills. We end group with a "go with the flow" exercise. Each week, a different group member gets to pick an activity for the last ten minutes of group. The other group members practice "going with the flow" of their group member's choice. This group is led by Katie Turco, MS NCC, Licensed Resident in Counseling.

Contact Katie Turco @ kturco@movingforwardplc.com to register.

[Teens Group \(8-12th grade\)](#)

The teens group is a process group for 14-to-18-year-olds in 8th-12th grade. Within this age range, the group is targeted towards individuals experiencing generalized anxiety, social anxiety, as well as mild-moderate depression. The group utilizes cognitive behavioral strategies and social games to build self-esteem, build healthy coping strategies and improve social skills as well as self-awareness. The structure of the group is 1. Pause 2. Reset 3. Return. 1. We begin by pausing for a moment of self-evaluation, followed by sharing "onions and pearls" (something positive that happened and something that didn't go well). 2. Reset involves an activity that teaches a relevant therapeutic skill or tool. 3. We end the group by returning to ourselves and taking a moment to think of a small/realistic personal goal that each then shares with the group as a form of accountability. This group is led by Mary Cole, LMSW, Licensed Resident in Clinical Social Work.

Contact Mary Cole @ marycole@movingforwardplc.com to register.

<https://movingforwardplc.com/>