



YOUTH & FAMILY COUNSELING SERVICE

233Prospect St., Westfield NJ 07090 (908) 233-2042

FALL 2018...GROUP SCHEDULE

CHILDREN 6-10 YEARS OLD

8 weeks- Tuesdays- beginning 10/02/2018- 11/20/2018

4:00 to 5:00 P.M.

THIS GROUP WILL HELP YOUR CHILD WITH COPING SKILLS,
SOCIAL SKILLS AND EMOTION REGULATION.

Activities, yoga, therapy groups, games and Fun!

Facilitated by Andrew Blanco LCSW, RYT (Registered Yoga Teacher)

\$150.00 for full 8 week program paid by 10/2/18 or \$25.00 per session (PAY AS YOU GO).

Teens with Anxiety 14- 17 YEARS OLD

6 weeks- Wednesdays –beginning 10/17/18- 11/21/18

5:00-6:00 P.M.

Teens will learn to identify anxious thinking, use coping skills and use appropriate self expression.

Facilitated by Carol M. Pedro MA, LPC- Executive Director

\$120.00 for full 6 week program paid by 10/10/18 or \$25.00 per session (PAY AS YOU GO).

Adult Substance/Alcohol education and support group

6 weeks Thursdays 10/11/18-11/15/18

1:00P.M.-2:00 P.M.

This unique group will focus on the science and understanding of addiction as well as an opportunity to offer support to those who are concerned about addiction in a loved one.

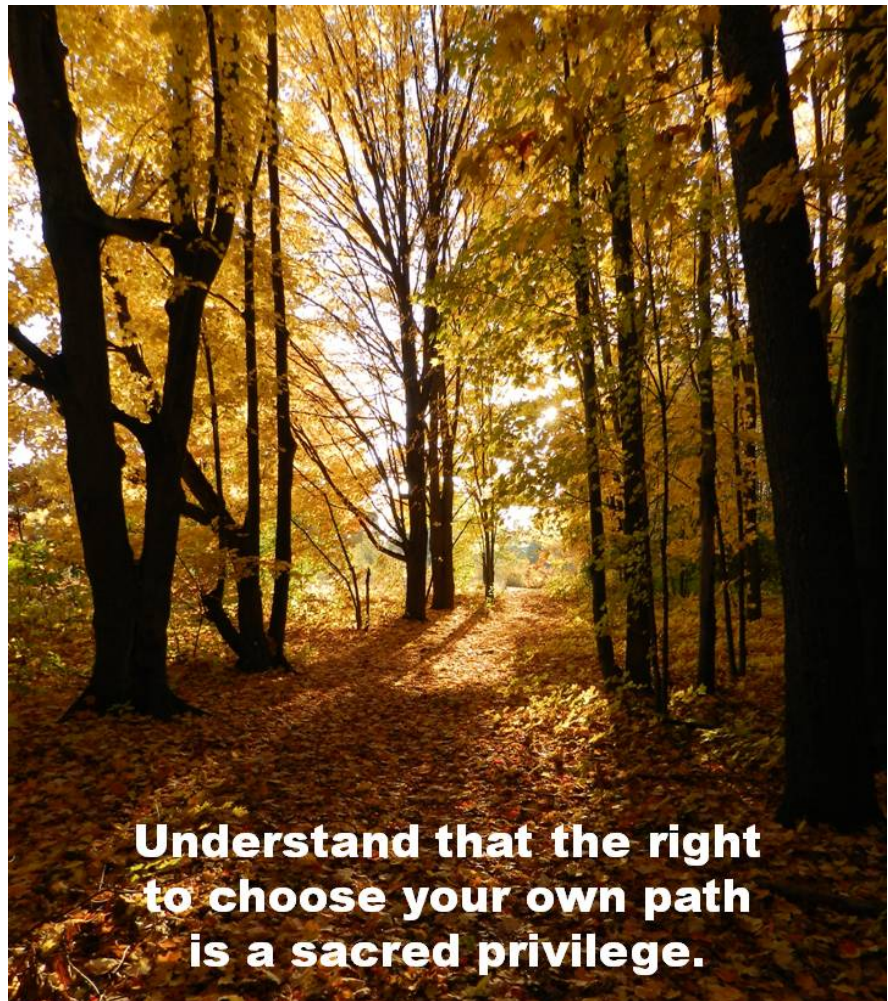
Facilitated by Todd Lofredo, LPC, LCADC (Licensed Addiction Counselor) Assistant Director

\$120.00 for full 6 week program paid by 10/11/18 or \$25.00 per session (PAY AS YOU GO).

***For all
groups...***

***Call please
to register
(908) 233-
2042***

Space is limited!



**Understand that the right
to choose your own path
is a sacred privilege.**

Use it. Dwell in possibility.

- Oprah Winfrey