

TEEN EMOTIONAL REGULATION



WHAT IS EMOTIONAL REGULATION?

Emotional Regulation skills are used to help adolescents manage negative emotions, including anger. The emotional regulation group teaches adolescents how to appropriately identify and express their emotions. The goal of the emotional regulation group is to empower each adolescent to experience and express emotions in healthy, positive, and non-destructive ways.

The emotional regulation group meets weekly for 12 weeks. All groups are one hour in length. An assessment and treatment planning session is required prior to the start of group.

P: 330-376-9494 • F: 330-376-4525
Toll Free: 1-800-277-9494 • VP: 234-525-6176
www.greenleafctr.org

PARTICIPANTS WILL LEARN:

- Conflict resolution and problem-solving skills
- Communication skills
- Anger management skills
- Mindfulness
- New coping skills
- Improved judgment and impulse control
- To identify negative thinking patterns and how thinking impacts behaviors
- To identify triggers of anger and their anger expression patterns



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Mondays - Thursdays: 8:30am - 8:00pm

Fridays: 8:30am - 12:00pm

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