

# **Family Options Counseling, LLC**

## **CHOICES PROGRAM**

### **Group Schedule**

The following is a schedule for the CHOICES Program that is to begin on **Thursday January 22nd**. Groups will be held at **Family Options Counseling at 3505 N. 124<sup>th</sup> St. Brookfield, WI 53005**. All groups will run from **6:00pm to 7:30pm**. This program also may require a caregiver/family session which will be scheduled individually if needed. This program is most effective when the youth attends all of the group sessions as well as the occasional individual or family sessions as needed. We look forward to working with you.

Groups will take place on: **Thursday from 6:00 - 7:30 PM.**  
Groups will take place at: In person at Family Options Counseling  
3505 N. 124th St. Brookfield WI, 53005

<b>Session 1 – January 22nd</b>	<b>Session 6 – February 26th</b>
<b>Session 2 – January 29th</b>	<b>Session 7 – March 5th</b>
<b>Session 3 – February 5th</b>	<b>Session 8 – March 12th</b>
<b>Session 4 – February 12th</b>	<b>Session 9 – March 19th</b>
<b>Session 5 – February 19th</b>	<b>Session 10 – March 26th</b>

**Note: The referring person must be responsible for transporting or arranging reliable transportation for the youth to attend the sessions.**

**Please direct questions to Hannah Masarik or Alycia Marín at Family Options Counseling. 414-431-4444 x 142 hmasarik@familyoptions.com or 414-431-4444 x 118 amarin@familyoptions.com.**

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### **Group Schedule**

**In CHOICES, youth will enhance skills related to developing appropriate, healthy responses to anger and other emotions.**

**Skills include:**

- ❖ **critical thinking**
- ❖ **conflict resolution**
- ❖ **effective communication**
- ❖ **coping with stress**
- ❖ **identifying and appropriately expressing feelings**

**Youth completing the CHOICES program will have developed an anger management plan that will identify triggers for inappropriate responses, risk factors that one is about to lose control, and healthy choices for responding appropriately to increased level of emotion or problematic situations.**

**CHOICES is a therapeutic program specifically designed to treat youth who have difficulty expressing their emotions in a safe and appropriate manner. This program is specifically designed to treat youth between the ages of 8-13 years of age. This program also requires a caregiver/family session which will be scheduled individually.**

**Please direct questions to Hannah Masarik or Alycia Marín at Family Options Counseling. 414-431-4444 x 142 hmasarik@familyoptions.com or 414-431-4444 x 118 amarin@familyoptions.com.**