



## *Group Offerings*

*Call (502-709-0410) or Email ([admin@creativefamilycounseling.org](mailto: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](#)

## *April 2024*

### Parenting Neurodivergent Children: How to Meet Their Needs While Caring for Yourself

*Facilitated by Lisa Cardwell, LMFT & Student Intern*

Thursdays at Prospect from 10:30am-12:00pm beginning April 4th - May 16th  
| \$90 per 90 minute group session

This group is designed for parents of children with Autism, ADHD or other Neurodivergence. Group participants will receive and offer support to fellow parents, as well as learn practical skills for self and for their children. Parents will learn clear communication skills that children with neurodivergence thrive with and develop ways to meet needs for self care as parents. This will be a great time to learn from other parents who face similar challenges. Maximum 8 parents.

## Social Skills for Neurodivergent Children (ages 8-10)

*Facilitated by Lisa Cardwell, LMFT & Student Intern*

Thursdays at Prospect from 5:15-6:45pm beginning April 4th - May 16th |  
\$90 per 90 minute group session

This group is designed for children with Autism, ADHD or other Neurodivergence. Group participants will receive and offer support to fellow participants. We will learn practical social skills for home and community settings, learn clear communication skills and how to recognize and regulate emotions. This will be a great time to learn alongside other children who face similar challenges. Maximum 8 clients.

## *Coming up...*

### Polyvagal Theory for Parents

This enlightening group provides a safe space for parents to delve into the fascinating world of the polyvagal theory and its profound implications for parenting and family dynamics.

Through engaging discussions, practical exercises, and real-life examples, parents will learn how to regulate their own nervous systems and create a nurturing environment that promotes their children's well-being. Uncover the science behind human connection and cultivate a profound sense of empathy and compassion within the family unit.

### 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.