

CHILD & ADOLESCENT SKILLS SERVICES

What Skills will my Child or Adolescent learn?

- Mood regulation
- Managing emotions
- Increased self esteem
- Interpersonal skills
- Mindfulness
- Identifying and expressing feelings
- Making new friends
- Distress tolerance
- Coping skills
- Goal setting
- Using manners
- Following classroom routine and instructions

Services provided in the home, school or community

What diagnosis qualifies for Skills Services?

ADHD, Oppositional Defiant Disorder, Autism, Depression, PTSD, Anxiety, and more.



ADULT SKILLS SERVICES

What will I learn?

- Independent living skills
- Parenting skills
- Problem solving skills
- Health and wellness
- Time management
- Managing emotions
- Self-advocacy
- Coping with trauma and stress
- Building confidence
- Locating housing, employment
- Assistance in crisis situations
- Linking to community resources

Skills Services provided in the home, school or community

