

**Mental Health Groups**

**REGISTRATION FORM**

You must turn in this registration form by **August 4th** to have your spot guaranteed.

Participant’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Gender: Male Female

Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| https://upload.wikimedia.org/wikipedia/commons/thumb/9/90/Check_mark_23x20_02.svg/1081px-Check_mark_23x20_02.svg.pngGroup Selected | Focus Areas | Day and Time | Therapist | Age Range |
|  | Emotional regulation, boundaries | Tuesday @ 3:30 p.m. | Yvette | 3-6 year olds |
|  | Sharing and interacting with others | Wednesday @ 10 a.m. | Cheryl | 3-5 year olds |
|  | Discover positive attributes about self and others | Wednesday @ 11:30 a.m. | Cheryl | 4-5 year olds |
|  | Decrease anxiety, learn coping skills | Wednesday @ 1 p.m. | Cheryl | 4-5 year olds |
|  | Time management, self-esteem | Thursday @ 4:30 p.m. | Yvette | 10-14 year olds |
|  | Emotional regulation, boundaries | Friday @ 10 a.m. | Yvette | 3-6 year olds |
|  | Executive functioning, time management | Friday @ 4:30 p.m. | Yvette | 6-9 year olds |

**Groups begin the week of September 4th and conclude the week of October 9th. Groups run for one hour.**

In order to promote therapist and parent communication a mandatory 45 minute parent information session will be held prior to the 6 week session. Please indicate which information session you will be attending so we can plan appropriately.

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| **Cheryl’s groups** | | **Yvette’s groups** | |
| August 16th @ 10 a.m. |  | August 18th @ 10 a.m. |  |
| August 16th @ 1 p.m. |  | August 18th @ 5 p.m. |  |

Contact: Cheryl Hart, MA

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If returning by mail, send to:

P.O. Box 1564, Valparaiso, IN 46384

Contact: Yvette Howes, MA

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