

## School Based Health Centers

### Stanton Elementary: 860.823.4207

#### Movement and Music

**Clinicians(s):** Janelle Posey-Green, LCSW

**When:** Tuesdays @ 9-9:40am

**Description:** This clinical group will teach the kids to move their body to support relaxation and stress relief. The goal of the group is to teach the members to use mindfulness techniques through movement to reduce anxiety, stress, and depression symptoms.

**Status:** Closed. Accepting referrals for next session that begins in January 2019.

**Duration:** 8 week. Ends 12/4/18

#### CBITS

**Clinicians(s)** Janelle Posey-Green, LCSW

**When:** Thursday @ 9-9:40am

**Description:** This group will address trauma symptoms and help provide skills to the students to function better in and out of class. The evidence based model is designed to help reduce the symptoms associated with trauma.

**Status:** Closed. Accepting referrals for next session that will begin in February 2019

**Duration:** 10 Week. End date 12/20/18

#### Boys Lunch and Social Skills

**Clinicians(s)** Janelle Posey-Green

**When:** Wednesday @ 12:50 – 1:20pm

**Description:** This group is designed for boys in grades 3-5 to learn positive techniques to interact with one another socially. In this group the boys will learn how to implement social norms and boundaries, social problem solving, and interpersonal conflict management skills.

**Status:** Open

**Duration:** On-Going

#### Social Detective

**Clinicians(s)** Janelle Posey-Green, LCSW

**When:** Fridays @ 9-9:40am

**Description:** Students in grade 1-5 will start to learn skills to help develop social competencies to learn to connect with other people. This group will support the students learning strategies to help develop social thinking to meet their academic and personal goals using an evidenced based curriculum.

**Status:** Starting 1/11/19. Accepting Referrals

**Duration** On-Going