

CONTACT US TODAY
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New Groups for Children & Teens

MEET THE TEAM

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CONNECT GROUP THERAPY



Mindfulness-Based Stress Reduction for Teens

This is an 8 week group. It will be primarily psycho-educational and practice-based. Teens will learn about stress and how to talk about it. In addition, they will hear about the stress of other teens which will help them to feel less alone and can empower them to help others deal with their stress. All participants will develop specific strategies to help them manage their stress more effectively.



Therapeutic Group for Preteens/Teens with OCD, Panic, & Social Anxiety

Participants should either be prepared to see us privately or already be in individual therapy in conjunction with this group. This is meant to supplement individual therapy and provide additional treatment components for participants who are coping with these challenging issues.

Additionally, groups for parents will be held conjointly to address issues related to supporting children with various anxiety disorders.



Middle School Girls Group

These groups are open to middle school girls who are dealing with challenges of entering adolescents such as finding and maintaining friendships, self esteem and body image, sexuality, and how to deal with the added burden of cyber relationships and social media.



Social Skills Groups for Preschool-Age Children

This group will focus on facilitated play and social interaction for children who are struggling socially within the preschool settings. Depending on the reason for referral, these groups may be run conjointly with an occupational therapist or a speech and language pathologist.



Social Skills Group

These groups are for elementary age children and will address Social Problem Solving, Conflict Resolutions, Perspective Taking, Self-Awareness, Coping Skills and Self-Regulation. Depending on the reason for referral, these groups may be run conjointly with an occupational therapist or a speech and language pathologist.

*Start dates and specific dates and times of groups are subject to participant availability.

Get Started!

Scan the QR code to the right or visit phdina.com/groups and complete the Group Therapy intake form to get started or for more information.

