



PLUGGED IN

GROUP THERAPY FOR PARENTS, TEENS & CHILDREN



PARENTS

Parenting Skills
Communication Skills
Healthy Interactions

TEENS

Relationship Skills
Conflict Management
Regulating Screentime

CHILDREN

Emotional Regulation
Healthy Relationships
Positive Coping Tools

GROUP SETTING

⚡ Because we care about families availability and support full participation, all groups will be ran simultaneously.

GROUP INFORMATION

- ⚡ Starts February 4th
- ⚡ Weekly Meetings on Tuesday's
- ⚡ 6:00-7:00 pm
- ⚡ Each group is 8 weeks long
- ⚡ Meeting at The Table Church,
522 W 11th St, Kearney NE 68845 (The
Table is attached to the west side of the
building that Compass is in).

SCAN QR CODE TO REGISTER

MOST INSURANCE ACCEPTED-
PAYMENT OPTIONS
DISCUSSED DURING INTAKE

