

# Keystone Behavioral Pediatrics offers therapy groups to improve children's coping and social skills

Children improve peer relations through conversation, play skills, anxiety reduction, understanding appropriate boundaries, problem-solving skills, anger management, teamwork and coping skills.

## Beginning Social Skills Group:

o Eight-week beginning social skills course focusing on getting children ready to play well with others and succeed in their social environment. This dynamic class will help teach and build the following skills:

Appropriate communication with peers  
Emotional identification and self-regulation  
Ability to gain attention appropriately  
How to meet new people  
How to share and take turns  
Good sportsmanship  
Conflict resolution  
Establish/maintain personal boundaries

o Appropriate for kids, ages 5-8 years old, who meet the following criteria: able to walk/transport independently to group from reception and minimally maintain attention, have minimal expressive communication skills and are able to participate minimally in group without significant disruption.

## Worry Busters:

o Eight-week group focusing on teaching children the skills needed to overcome anxiety and worries. Sessions will include:

Learning about feelings  
Identifying scary situations  
Building the coping skills to handle things independently when worries or fears come up  
Practicing their new skills  
Graduation party to show what kids have learned!

o Most helpful for children, ages 6-10 years old (approximately), with the following concerns: excessive worry, fear of going to school, separation anxiety, social anxiety, or phobias.

We are passionate about helping children attain and sustain adaptive, healthy and positive behaviors. We use an interdisciplinary, integrative, under-one-roof approach to addressing each child's issues. At Keystone Behavioral Pediatrics, a comprehensive team, including a pediatrician, licensed clinical psychologists, board certified behavior analysts, master's level clinicians and occupational therapists, provides in-patient and out-patient care to assist families and primary care physicians. Keystone focuses on the whole child – physically, mentally, socially, behaviorally and developmentally – to offer parents/caregivers one source to help meet all of their child's needs.

## Intermediate Social Skills Group:

o Eight-week intermediate social skills course aimed at pre-teens and adolescents who need help and guidance with making and keeping friends, as well as age-appropriate emotional skills needed to handle social situations. Topics include:

What social skills are and why they are important  
Levels of friendship  
Appropriate boundaries  
Emotional awareness of self and others  
Perspective taking  
Decoding body language  
Problem solving  
Conversations

o Open to pre-teens and adolescents, ages 12-16 years old

## Anger Management:

o Eight-week group focuses on teaching children the skills needed to manage anger and help them to develop appropriate, alternative coping skills. Skills addressed include:

Identification of anger triggers  
Monitoring of anger  
Deep Breathing  
Muscle Relaxation  
Imagery  
Problem solving

o Most appropriate for children, ages 8-12 years old (approximately)



Keystone Behavioral Pediatrics  
Success through change

**Call now for more information and to enroll a child:  
904.619.6071 | [info@keystonebehavioral.com](mailto:info@keystonebehavioral.com) | 6867 Southpoint Drive N, Jacksonville, FL 32216**