

UNLV PRACTICE Children & Youth Program

PCYP

Mental Health Services

** All services offered at low-cost and via Zoom **
** *Servicios disponibles en Español* **

Individual Therapy

We provide a **safe** and **confidential** space to treat a wide range of emotional and behavioral problems. We offer help to children and teens who are struggling with:

- Relationships
- Managing emotions
- Stress management
- Sadness
- Anger
- And more!

For children and teens who have experienced trauma, we offer evidence-based **Trauma-Focused Behavioral Therapy (TF-CBT)**.

Common symptoms following a traumatic event include:

- nightmares or trouble sleeping
- trouble concentrating
- being jumpy or startling easily
- frequent stomachaches or headaches
- irritability and moodiness
- behavior problems
- withdrawing or isolating

TF-CBT also helps caregivers reduce distress and learn how to support their child/adolescent.

Real Talk Teen Group

Group Services

A group focused on **empowering** teens (ages 15+) to **share** their experiences while helping them **learn**, develop, and practice healthy **coping skills** to manage common issues and challenges.

Mondays 5:30 pm

CLAY

Changing, Learning, and Adapting Youth Skills Group

For teens ages 13 and up, CLAY focuses on providing a **supportive** space to:

- Increase **awareness**
- **Learn skills** to manage difficulties
- **Regulate emotions** and mood
- **Improve** interpersonal relationships

Tuesdays 5:30 pm

Making Connections®

Grief and Loss Support Groups for Children and Caregivers

Together with the Child HELP Partnership, we offer a grief counseling program using an evidence-based curriculum for grieving children (ages 7-17) and their caregivers who have experienced the death of a special person.



Caregivers Groups - Wednesdays 5:30 pm
Children & Teens Groups - Thursdays 5:30 pm

B.E. KIDS GROUP

A space to **Befriend Emotions** by teaching and empowering kids ages 8+ to...

Identify feelings • Communicate • Cope

Fridays 3:30 pm

