

# VIRTUAL THERAPY GROUPS:

SUPPORT FOR PARENTS, CAREGIVERS, KIDS & TEENS

WINTER/SPRING

# 2026

1/26/26 - 5/15/26

Wednesdays, 6-7 PM

Jan. 28—May 13

## Autistic Joy

A peer group for autistic teens to explore autism's unique joys, build self-esteem, and foster relationships in a supportive setting. *For teens 14-17 with an autism diagnosis and the capacity for reciprocal conversation.*

Mondays, 5-6:30 PM

Jan. 26—May 11

## PEERS®

For students interested in learning how to make and keep friends, and navigate conflict and rejection. Note: some parental involvement required. *For kids 12-17 who identify as neurodivergent and struggle to make or keep friends.*

Mondays, 6-7 PM

Jan. 26—May 11

## Emotion Regulation for Teens

A group for teens who feel overwhelmed by their emotions or want more tools to cope with stress, conflict, and/or mood swings. *For teens 13-17.*

Wednesdays, 5-6 PM

Jan. 28—May 13

## Interpersonal Effectiveness for Teens

Participants will learn how to communicate clearly, set healthy boundaries, and navigate relationships with confidence. *For teens 13-17.*

Wednesdays,  
4:30-5:30 PM

Jan. 28—May 13

## Unlocking Healing Through Lyrics

For teens struggling with mental health challenges and who connect to music, this group uses song lyrics and songwriting to explore emotions and build resilience. Led by a music therapist, it's a creative, safe space to reflect, heal, and grow—no musical experience needed. *Ages 13-17.*

Mondays, 5-6 PM

Jan. 26—May 11

## The Self-Esteem Team: A Confidence-Building Group

A fun creative group for kids with mental health challenges to build resilience, express themselves, and make new connections. *Ages 9-12.*

Wednesdays, 4-5 PM

Jan. 28—May 13

## Positive Solutions for Families

A group designed to help caregivers promote children's social and emotional skills, understand problem behavior, and use positive approaches to help children learn appropriate behavior. *For parents/caregivers of kids 3-8.*

Thursdays, 11- 12 PM

Jan. 29—May 14

## Supportive Parenting for Anxious Childhood Emotions (SPACE)

Is your child's anxiety taking over? Learn how small changes in your parenting can make a big difference. *For kids 4-17.*

Thursdays, 6-7 PM

Jan. 29—May 14

## Comm. Skills for Parents of Teens with Mental Health Challenges

This group uses relational therapy and DBT to help parents/caregivers communicate better with their teens, reduce conflicts, and set limits. *For parents/caregivers of teens 13-18 who struggle with mental health.*

All groups held via a secure online platform and led by experienced licensed psychologists and social workers. Sponsored by Franciscan Children's, an Affiliate of Boston Children's Hospital. **Covered by most insurance plans, including Medicaid.**



Scan the QR code to begin the registration process.