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Groups Starting In April 2018....

Accepting Imperfection (ages 10-12, 13-16)

Are you always trying to do things, just right? Do you feel incredibly overwhelmed when you don't get 100% on the exam you studied so hard for? Internal and external factors (i.e. perception about self, media, society, and family members) can ensue tremendous pressure to be perfect. Perfectionism is a matter of personal control, its' about maintaining an unrealistic expectation about self and even others at times. This group is designed to help individuals identify the perfectionistic cycle and how to modify unhealthy rigid thoughts and cognitions that perpetuate this cycle resulting in unconditional personal acceptance.

Basic Teen Social Skills (ages 10-12, 13-16)

Being a teenager today can be a challenging experience! Learning how to communicate and engage in social activity presents an even greater challenge since the advent of technology. What do I say? How do I communicate when I'm not online or in the chat room? This group will help teens explore basic social skills and appropriate interaction while identifying how to respond to social cues.

DBT Core (ages 13-16)

This group is designed to help individuals primarily struggling with personality disorders (i.e. borderline personality) and it teaches individuals to change behavior patterns that are detrimental to daily functioning. Individuals are taught to manage emotions and unhealthy thinking by identifying personal triggers. This can be a dynamic and challenging group; yet, research suggests it is a very effective therapeutic approach to help individuals facing such difficulties.



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Insight & Identity (ages 10-12, 13-16)

Self-discovery is a lifelong process, it's like putting together a huge puzzle. Who am I? Why was I born? What or who do I identify with most? Where did my personal values come from? What am I really made of? These are internal questions many individuals deal with every day. Everyone seeks to belong while maintaining a healthy sense of self. This group is designed to teach individuals how to identify various aspects of self. Individuals will also learn the evolution of personal identity.

Self-Esteem (ages 10-12, 13-16)

When you look in the mirror what do you see? Do you like what you see? Have you ever said to yourself "I am SO ugly"? Developing self-esteem is learning how to identify your worth despite the opinions of others. It is often said, "we are our worst critic". This group is designed to foster a safe environment for individuals to learn and model beliefs of unconditional worth, identifying self-criticism, and moving towards healthy unconditional acceptance. Individuals will learn the difference between healthy and unhealthy self-esteem. This support group is designed to teach individuals how to become their own best cheerleader.

Social Media Education (ages 10-12, 13-16)

Facebook, Twitter, Instagram, Snapchat, Vimeo... Everyone has a social media profile!! Utilizing these websites and apps can become overwhelming, making it difficult to keep up the latest trends. The advent of technology and social media is both a blessing and a curse. Understanding the benefits and limitations of social media can prove beneficial. This group is designed to educate individuals on the proper use of this outlet.

All Things Teen- Teen Support Group (ages 10-12, 13-16)

Between dealing with school stress, friend drama, managing worries...and sometimes depression, parents, schedules, dating social media...you've got a ton going on! Ever wish you had a place just for you? A Place where you could be real and open? Where you could get some help or maybe just...be better? Teen Space is for you. What we do: Support each other, get real, learn life skills, problem solve, relax and destress.



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Paint, Play, Love- Creative Expression Group (ages 12-15)

The adolescence stage can be a confusing space to float around in each day. Most adolescents can often feel peer pressured to conform to rigid forms of expression. If these feelings ring true PPL might be a good group for you. Paint, Play, & Love is an art therapy group for adolescents who need a creative space. Art Therapy uses art-making to address psychological and emotional needs. In Paint, Play, & Love, art media and creativity will be used to help the individuals create coping techniques, manage stress, and strengthen self-identity.

Her Story-Her Circle: College Support Group for Women (ages 18 and up)

“When women support women, amazing things can happen”-Viola Davis. College women can often face an isolating pressure while in school. When matriculating through college the need for support and encouragement from other college women can be impactful. In Her Story-Her Circle the focus will be on establishing a place of mindfulness and grounding techniques to help with the stress of college life. Mindfulness is attained by focusing on personal awareness, through recognition of one's emotions, thoughts, and physical senses. This group is created to help college women achieve the balance needed to successfully navigate college.

Groups Starting In May 2018....

Oasis 1.0- Elementary to Middle Transition Group (ages 10-13)

The thought of going to a new school with different peers, teachers, school schedule and work can be both exciting and scary! Will I meet new friends? Will I be able to do my work? What if I don't fit in? These are just a few questions most kids ask themselves. This group will provide a fun safe space for you and your peers to discuss thoughts/feelings about the transition while learning what to expect and tips on how to adjust to your new school.

Oasis 2.0- Middle to High School Transition Group (ages 13-16)

The transition from middle school to high school can prove to be challenging. With the influence of social media, peer pressure to conform, and anxiety of the upcoming transition; a support group can be helpful. Oasis is a place for individuals to learn life skills and gain support from fellow peer members. In Oasis, art media and mindfulness based practices will be used to help you create coping techniques, manage stress, and strengthen self-identity.



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Oasis 3.0- High School to College Transition Group (ages 17-20)

The transition from high school to college can prove to be challenging. With the influence of social media, the peer pressure to conform, and the anxiety of the transition; a support group can be helpful. Oasis is a place for you to learn skills for the transition and gain support from fellow peer members. In Oasis, art media and mindfulness based practices will be used to help you create coping techniques, manage stress, and strengthen self-identity.

Stress Management (adults)

Stress is a part of our everyday lives and many times we just learn to live with it. It seems that stress is inevitable. However, chronic stress can cause physical, mental and emotional challenges. Are you living with the effects of stress? This group will teach and help you to discover ways of managing stress.