



Joining the Group

In order to join the Adolescent Group you must first have a screening session with a clinician to make sure the Group is suitable and to discuss the Group process. If you have already had individual sessions with a clinician and feel ready to join the Group, your therapist will answer any of your questions and refer you to the group.

Some people wish to attend individual therapy sessions and attend a group at the same time, usually this is fine but this should be discussed with your therapist.



Group Expectations

Each group session is 75 minutes and each group member commits to attending at least six sessions. This ensures that group members have a chance to know each other, feel comfortable revealing personal information, and learning new approaches together.

Each Group session includes useful information about Learning and Behavioural Disabilities and includes a discussion about how this information is relevant to each group member.

The group will be flexible in its content and in its process to best meet the needs of the participants

The teens can even help the facilitators choose the topic of the next group if there is something they particularly want to learn or address.

Attending the Group is an important commitment to others so attendance is mandatory and planned absences are to be announced ahead of time.



Fees

The fee for this Adolescent Group is \$35 per 75 minute session. If an initial screening to determine suitability for the group is required this is charged at the clinician's usual rate. If the Adolescent Group is being paid for under Extended Health Benefits or through an Employee Assistance Program, then the number of eligible paid Group sessions is more than the number of eligible individual sessions and is adjusted accordingly. We will be pleased to discuss with you how you may access these benefits.



Where do I Start?

Call our intake department and ask for more information or ask your therapist about the group to find out about Group openings and schedule.



Adolescent Group

with
Learning or Behavioural Disabilities



*Quinte Assessment and Treatment
Group Inc.*

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Quinte Counselling Services Inc.

Quinte Counselling Services Inc., and Quinte Assessment and Treatment Group Inc., together provide a full range of Clinical and Consulting Services to clients in Central and Eastern Ontario.

Confidential Appointments in a private setting can be arranged for the daytime, evening or weekend. Many services are covered in whole or in part by Employee Assistance Programs and Extended Health Benefits.

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. So they say you have a learning or behavioural disability, eh?

Understanding it, dealing with it, and excelling with it

A Workshop Series for Adolescents

**Dr. Mark Langewisch
Eva Mourelatos M.A.**

This ongoing process workshop is designed to help adolescents understand their disability, accept the challenges, and find ways to excel with their strengths despite these challenges.

Each workshop is focused on a different topic and is designed to be both educational and fun for the participants. Ample opportunity is provided to discuss the participants individual situations and share experiences.

Topics covered include:

- Understanding my assessment results and recommendations

- What can I expect to happen next
- Helping my parents deal my disability
- Helping my teachers deal with my disability
- What to tell my friends
- Strategies for dealing with my disability
- Recognizing and using my strengths
- Working with the school system
- What are my future educational prospects
- What are my vocational prospects

Group Versus Individual Work

The client always has the choice of how they best deal with their issues and some clients only feel comfortable with an individual clinician, whether it is because of the type of issues being addressed, their stage of development or their comfort level with other people

However group work is particularly effective for young people with learning or behavioural disabilities because it provides a safe place to learn with other adolescents in similar situations. It also provides young people with the opportunity to get support and information and learn new ways of coping and adjusting to their disability. With the help of the group facilitators, the group participants have the chance to develop new strategies for dealing with school, family and friends.

Attending the Group can be the first important step to changing your life.



Referral to Adolescent Learning or Behavioural Disability Group

Teenagers and families can self refer or referrals will be accepted from community organizations, teachers, or doctors. On receiving a referral the client is scheduled for an individual screening session with the Facilitator or other clinician to ensure appropriateness of the referral to the Group.

Clients being seen by other clinicians in the practice may be referred directly into the Group on consultation with the Facilitator.

