

# WINTER BREAK Skill Booster Groups

## CLINICAL & WELLNESS CENTER

Looking for a way to boost skills during your winter break from college? We are offering two Skill Booster Groups during Winter Break! These groups, which are designed for young adults, teach skills that enhance emotional resilience, build coping skills, and promote effective learning strategies. Participants can choose to do one or both groups, and can complete these groups as an add-on to existing treatment, or as a stand-alone skills refresher course.

### Executive Functioning Skills Group (7, 1.5 hour sessions)

This group will cover organization, planning, time management, and self-monitoring skills. Participants will be encouraged to discuss assignments and tasks that they have struggled with during previous college semesters, such as managing emails and organizing materials, studying for final exams, completing long-term projects, and balancing their social lives with academics. Other tasks of independent living will also be addressed. Participants are strongly advised to complete individual in-person or video sessions following completion of group sessions to support application of skills into their life. These sessions are offered as a package at a discounted rate.

**Dec. 21, 26, 28, 2018 & Jan. 2, 4, 9, 11, 2019**  
**1:00pm - 2:30pm**

Groups will be held at CBC's White Plains Office

### Coping Skills Group (4, 2.5 hour sessions)

This group will support development of coping and emotion regulation skills. It is infused with both cognitive behavioral and dialectical behavioral therapy skills that have shown enormous success in promoting effective management of emotions and behaviors. It will include work on increasing awareness of emotional states and emotional triggers, and will provide strategies to tolerate difficult situations, reduce intensity of emotions, improve attentional control, address vulnerabilities, and increase positive emotions.

**Dec. 19, 26, 2018 and Jan. 2, 9, 2019**  
**9:30am - 12:00pm**

Groups will be held at CBC's White Plains Office

For more information or to register, please contact:

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Cognitive Behavioral Consultants  
Manhattan / Westchester

CBC is an evidence-based clinical and training center comprised of a group of internationally recognized mental health professionals who have researched, pioneered, and are highly experienced in delivering cutting edge treatments that help adults, adolescents, and children to live more fulfilled lives. Founded in 2004 by Drs. Lata K. McGinn and Alec L. Miller, leaders in the fields of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy, the CBC team provides a large array of Clinical and Wellness services to the public and builds on this methodology to provide Custom Designed Programs for schools, agencies, and businesses, and continuing education for professionals in the mental health field. Explore our website to learn more.



**Dr. Casey O'Brien**

Coordinator of  
Group Programs



**Dr. Aviva Katz**

QI Coordinator



**Dr. Elizabeth Ronan**

Coordinator of CBT  
Programming

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