

## Milford Youth and Family Services

**Milford Youth and Family Services** was created to provide positive family development programs, as well as **FAMILY THERAPY** for Milford residents. Milford Youth and Family Services therapists will be conducting several groups designed to aid in developing and maintaining healthy relationships.



Milford Department of Human Services /  
Milford Youth & Family Services

Milford Department of Human Services  
and Milford Youth and Family Services  
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Telephone: 203-783-3253 or  
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## Milford Youth and Family Services

Milford Department  
of Human Services

## Support and Therapy Groups

## Family Therapy

Tel: (203) 783-3253  
Tel: (203) 783-3259



# Support and Therapy Groups

## Support and Therapy Groups

Milford Youth and Family Services will be conducting a support group designed for:

The **Social Skills Group** is a program that addresses social skills for children 7-10 years of age. Children in this group will practice greeting others appropriately, communicating effectively, coping with provocation or bullying from other children, resolving conflicts,



positive group entry skills and good sportsmanship. Emphasis will be placed on helping children identify their feelings as they progress through each group experience, using various mediums such as play-doh, drawing, writing, and role-playing. This support group is currently being offered to Milford Elementary Schools.

The **Children of Divorce Group** will focus on creating supportive peer relationships in which members are able to discuss their feelings about divorce and change, as well as create strategies for managing the struggles that go along with this transition. The children are offered a variety of activities to help them express themselves, including playing games, participating in arts and crafts, and role-playing. The goal of this group is to teach new social skills, improve communications, and normalize the experience of divorce. This group is currently being offered in Milford Elementary Schools.

The **Anger Management Group** is a program that is currently being offered to children in Milford's Elementary Schools. Children in this group will be encouraged to identify their angry feelings and then to express them in various productive forms using clay or play-doh, drawing, puppets, writing, and/or music. Additional topics to be covered will include identifying the feelings behind anger, bullying, and appropriate expression of anger.

The **Single Parent Group** is aimed at aiding single parents cope with the pressures of raising children on their own. Through group discussion and individual activities, participants will explore such critical issues as family structure, boundaries, and support systems, in addition to developing a support network of other single parents facing similar issues.

### Engaged and Recently Married Couples.

Sessions will focus on helping couples define their commitments by exploring issues such as childhood relationships, family obligations, and current communication patterns. Discussion and couple activities will increase awareness and strengthen the marital bond.



The **Mothers and Daughters Group** will explore issues relevant for girls in the "tween" years, including self esteem, in order to prepare them for becoming women. Discussion and group activities will aid participants in exploring what being a woman in America means, as well as the complicated relationship between mothers and daughters.



Milford Youth and Family Services is offering a support group designed for **Professional Women** in the work force. Sessions will focus on stress management, maintaining a healthy home life, and creating supportive peer relationships. Discussion and activities will help group participants formulate effective strategies for creating a satisfying professional and personal life.

The **Play Therapy Group** is a fun-filled interactive program for parents and their young children. The sessions will utilize a variety of play activities that strengthen the parent/child bond, create structure in the family, and improve family communication. The intention of this program is to create a nurturing environment in which parents and children engage in satisfying and appropriate experiences that can be replicated in their everyday

Dates and Times Vary—Please call 783-3253 and ask for Mindy

Fees are minimal and can be waived if needed. Milford Residents Only.



**Family Therapy** is provided by certified family therapists on staff for families who seek assistance with: strengthening family relationships, marital issues, divorces and separation, single parenting, drug use, runaway, truancy, school problems, acting out behavior and parenting skills. **Family Therapy Services** are available Mondays-Fridays from 9 a.m. to 9 p.m. For Information or to make a referral, please call Mindy Natale at (203) 783-3253.