



Coastal Carolina Neuropsychiatric Center

Autism Spectrum Disorders (ASD)

(All ASD groups are Doxy only)

High Functioning ASD

High School-Tanya

Monday 4 to 4:45pm

This group discusses social and life skills for adolescents with ASD, by focusing on improving socially appropriate behaviors and developing needed life skills to cope with high school, planning for after high school, identify authentic friendships, relationship skills, hygiene, conversation skills, problem solving skills, self-esteem, and coping strategies.

High Functioning ASD Independent Living Skills

18 – 27yo-Tanya

Monday 5 to 5:45pm

A group is for 18-27 year olds who are planning their lives as adults preparing for college, getting jobs, managing a budget, registering to vote, getting a driver's license, identifying barriers and finding solutions to life challenges.

High Functioning ASD 3rd to 5th grade-Tanya

Wednesday 5 to 5:45pm

This group focuses on improving socially appropriate behaviors, identifying emotions, managing responses to emotions, conversation skills (greetings, keeping a conversation going, ending a talk), asking questions, relationship building, asking for help, assisting others, taking turns, interrupting, making mistakes, verbal and non-verbal communication, expected and unexpected behaviors informed by the Quest program.

High Functioning ASD Middle School-Tanya

Tuesday 4 to 4:45pm

This social skills group is for children with ASD and focuses on improving socially appropriate behaviors to include school survival basics, hygiene, identifying and

managing responses to emotions, communication skills, making friends and interacting with peers, and personal safety utilizing the Quest program.

Adult Life and ASD

Ages 28-37 All genders-Tanya

Wednesday 3:00-3:45pm

Starting 4/29/2024

A neurodivergent-affirming process group, which is intended to equip individuals with skills to accept and advocate for themselves. Patients should have an Autism Spectrum Disorder, without intellectual impairment, requiring minimal to no support, and without SI/HI.

Social Skills

Social Skills ages 4 to 6-Olivia C

Moving to Heather on 6/11/2024

(In Jacksonville office only)

Tuesday 4:45 to 5:30pm

A co-ed group for children ages 4-6 focused on developing social skills and emotional regulation skills. This group covers topics such as conversation skills, cooperative play with others, listening and following directions, coping skills and strategies, making and keeping friends, empathy, conflict resolution, problem solving, teamwork, manners, respecting personal space. The topics addressed in this group may be beneficial for children who are struggling with social relationships, effective problem solving, emotional regulation, and respect.

Social Skills Grades ages 7-10

Rebecca (In Jacksonville office only)

Tuesday 5 to 5:45pm

Social skills group therapy is for boys and girls ages 7 to 10 that teaches children how to interact with peers through cooperative play, sharing, and taking turns.

Children will learn to master social skills, like responding appropriately to situations, empathizing with their peers, maintaining appropriate boundaries, and utilizing healthy coping skills. The group dynamic teaches children how to cooperate and interact with one another. We use conversation, sportsmanship, and



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friendship to facilitate this process. Children will engage in various games, activities, and conversation with each other for 45 mins to improve their social skills.

Social Skills Ages 11-13 Co-ed Robert

(In Jacksonville office only)
1st and 3rd Wednesday 4:45 to 5:30pm

This Social skills group is designed to help patients with the transition to middle school and learning how to communicate with others while learning to utilize coping skills and strategies to help manage anxiety, ADHD, and behavioral issues.

Self Love 101 Counseling Group-Olivia C (In Jacksonville office only)

Ages 9-10 Thursdays at 5 to 5:45pm

A co-ed group for children ages 9-10 focused on increasing confidence and self-esteem. This group covers topics such as coping skills and strategies, communication skills, and the relationship between thoughts, feelings, and behaviors. The topics addressed in this group may be beneficial for children who are struggling with general anxiety, social anxiety, depression, life changes, academic performance, bullying, and/or anger management.

Teen Counseling

Teen Female Counseling-Natalie (In office Jacksonville only)

Monday 4 to 4:45pm

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Mondays 4:45-5:30pm

3rd group to be added on 6/10/2024 by Heni

Focus on daily stressors, boundaries, communication,
social skills
In person only

Teen Male Counseling-Robert 13 and in the 8th grade & High School (In Jacksonville office only)

2nd & 4th Wednesday 4:45 to 5:30pm

This Social skills group is designed to help patients with the transition to middle school and learning how to communicate with others while learning to utilize coping skills and strategies to help manage anxiety, ADHD, and behavioral issues.

LGBTQIA

Teen Sexuality and Gender Diversity-Tanya (Doxy only)

Wednesday 4 to 4:45pm

A counseling group for teens exploring LGBTQIA+ issues including in part; family, friends, gender identity, gender expression, sexual preference, hormone therapy, gender affirming surgeries, disclosing gender identity and or sexual preference to others, dating and relationships, sexual activity, safe sex practices, societal views on gender and sexuality, LGBTQIA+ Issues in politics, suicide prevention, depression, anxiety, self-harm, self-esteem, and acceptance utilizing an affirmative approach and informed by WPATH.

Adult Groups

Trauma/PTSD, Abuse and Domestic Violence Recovery Group-Dr. Hobby

(In Jacksonville office and Doxy permitted)

Tuesday at 12 to 12:45pm

This group is for women and men of all ages who are survivors of trauma. Members benefit from learning coping skills, identifying triggers, and reinforcement from members of their ongoing progress.

Outside the Wire

(In Jacksonville office only)

**Active duty/transitioning/retired military members
experiencing trauma symptoms due to combat
experience-Natalie**

Wednesdays 1:45-2:30pm

Start date TBD

Coping skills, psychoeducation, support
In person only



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**Parents of Adult Child Loss Group
(In Jacksonville office and Doxy permitted)**

Natalie

Thursdays at 10:15 to 11am

Support and coping through grief for parents who have lost adult children

In person only

**Mindfulness and Self-Compassion Group for Adults
Lydia (In Jacksonville office and Doxy permitted)**

Wednesdays 4:45 to 5:30pm

A group made for adults to learn and practice mindfulness skills, being aware of the present moment without judgement and accepting one's feelings, thoughts, and body sensations. Another focus is on building self-compassion, or the ability to extend compassion to one's self as you would a good friend.

This group is offered in-person and virtual, and can be

helpful for those that experience anxiety, depression, trauma symptoms, and more.

**Adult Female Counseling Group-
Dr. Sarubbi (In Jacksonville office only)**

Wednesday 1 to 1:45pm

Starting May 1st second group offered Wed. 2 to 2:45pm

This group is for adult women of all ages who are struggling with any type of mental health concerns. The benefits of this group are that it is structured, psychoeducational, and focused on skill-building. Every group begins with gratitude statements and reinforcement of how gratitude (as a daily skill) literally changes the brain. From there, we set the class agenda for the skill or topic to be covered and practiced in group and between sessions. Skills taught come from various schools of thought, including CBT, ACT, DBT, Solution-Focused, Motivational Interviewing, and Interpersonal Therapy.

**Young Adults Counseling Group-Ryan
(In Jacksonville office and Doxy permitted)**

18-24yo males and females-Ryan

Tuesday at 11:45am

This Group is for young adults (18-24 years old) who are dealing with anxiety of the transition into independent adulthood. Stepping out and being on your own can be a time of great stress, but connecting with others who are facing the same issues can be help by knowing that we are not alone in this journey. Situations such as: getting a job, starting college, or even scheduling the important appointments in life, don't have to be so intimidating if we know that others are doing the same thing and we can come together to grow and learn as we go. Benefits: A sense of community, growing a social circle, hearing others stories of facing the struggles of being an adult and their victories over the same situations you face daily can give the courage to press towards the mark of being on our own.

**Hopeful Sunflowers: Grief Counseling Group
Lydia (In Jacksonville office and Doxy)**

Tuesdays 10:15-11am

A group for adults who have experienced recent loss (close family member, spouse, child, close friend, partner). This will be a safe space to find hope and support while healing from the loss of a loved one. In this group, we will discuss the stages of grief and healing process, healthy ways to cope, explore emotions through activities and remembrance, and aid ourselves in continuing on while experiencing loss.

**Parenting Group
Olivia B (In Jacksonville office only)**

Thursdays 11:45-12:30pm

A group for adults who are struggling to parent due to their own traumatic childhoods. This will be a safe space to find encouragement and support while learning how to stay emotionally regulated during their parenting journey. In this group, we will discuss the impacts of childhood trauma and how it influences our own parenting. We will also explore triggers and effective coping skills, as well as learning to navigate becoming a healthier parent.



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Parenting Neurodivergent Children - How to Cope

Co-lead by Shannon & Tanya

Wilmington in office or Doxy

Monday 10:15am -11:00am

Starting April 29, 2024

Group psychotherapy for parents of patients with
intellectual and or developmental disorders

Treatment to assist parents with how to cope with a child
or children with neurodevelopmental challenges