

# **MANHATTAN SOCIAL SKILLS GROUPS**

**Children (5-7)** · **Pre-Teens (8-11)** · **Teens (12-14)** · **Adolescents (15-19)**

*Based on age, group members will learn the following skills:*

1. Finding, making & keeping friends
2. Identifying, labeling & expressing feelings
3. Dealing with anger & difficult emotions
4. Understanding non-verbal cues
5. Controlling impulsive behavior at home and school
6. Resolving conflict and problem-solving
7. Getting along with your family & step-family
8. Respecting others' feelings
9. Dealing with bullying & rejection
10. Dating and intimate relationships

## **More Group Info:**

Groups meet weekly for 45-60 minutes and follow a Cognitive-Behavioral model. Boys and girls can join at any time. Dr. Rosenthal meets with parents to enhance group learning. Children and adolescents appropriate for group might have symptoms or a diagnosis of ADHD, Learning Disorders, PDD Spectrum Disorders (e.g., Asperger's), ODD, OCD, Anxiety, and/or Depression.

## **About the Group Leader:**

Dr. Joshua Rosenthal is a licensed clinical psychologist specializing in the treatment of children, adolescents and families. He is trained in cognitive-behavioral, psychodynamic and family-systems therapy, and has worked with children and adolescents at Yale New Haven Hospital and Long Island Jewish Medical Center. Dr. Rosenthal maintains private offices on the Upper East Side at 86<sup>th</sup> & Madison and on the Upper West Side at 86<sup>th</sup> & CPW. He also works as the Outreach Coordinator for The City College of New York where he conducts diagnostic intakes and mental health outreach to college students, faculty and staff.

## **Contact Information:**

For further information about availability and fees, contact Dr. Rosenthal at 212-993-6033 or [JRosenthal2@gmail.com](mailto:JRosenthal2@gmail.com), or visit his website at: [www.DrJoshuaRosenthal.com](http://www.DrJoshuaRosenthal.com).