



Crossroads

Crossroads offers new programs for children and families

Crossroads is now offering a series of new programs to help children, adolescents and their parents and caregivers deal with emotional or behavioral problems, build social skills and self-esteem, cope with bullying, improve problem-solving, and deal with stress. Except where noted, there is no charge to participate.

These new programs include:

- **Therapeutic Latchkey Program:** For children 6-13 in need of a therapeutic after-school program. Participants will learn and practice emotional and problem-solving skills. Monday -Thursday from 3-6 p.m., Crossroads Munson Center, 8445 Munson Rd., Mentor.
- **SET (Self-Esteem Topics):** For children 11-17 with poor social skills and low self-esteem. Fun and engaging therapeutic activities for a teen population are utilized. Mondays and Wednesdays from 6:30-8:30 p.m. at our Munson Center.
- **Stress Management Program for Parents/Caretakers:** Our staff often hears from parents/caretakers about their high levels of stress. This program assists parents/caretakers in learning effective methods to reduce and effectively manage their stress. Wednesdays from 6-7 p.m. at our Munson Center.
- **Parenting Wisely:** This program is designed to teach parents/caretakers important skills to manage their teens' challenging behaviors. This program is presented in both English and Spanish language versions. Both versions are provided on Wednesdays from 7-8:30 p.m. The English version is offered at our Munson Center and the Spanish version is at our Early Childhood Services Center, 1083 Mentor Ave., Painesville. \$20 materials fee.
- **Coping with Bullying:** For school-aged children experiencing emotional or social distress due to being bullied or socially excluded. Tuesdays from 6:30-8 p.m. at our Munson Center. Paulie Velotta, a recognized expert in bullying prevention, facilitates this program.
- **Stop and Think:** For children ages 7-11 with impulsive or hyperactive behaviors. The primary focus is helping them improve their problem-solving and coping skills. Saturdays from 10-11 a.m. at our Munson Center.
- **Social Skills Group for Teens with Autism:** For children ages 14-17 with autism. The group will focus on developing and maintaining positive peer relationships; establishing appropriate boundaries; and understanding unwritten social rules and appropriate and inappropriate behaviors in social situations. Day and time to be determined.

These new services fill some gaps so that children and their families get the help they need with emotional and behavioral problems. Please feel free to pass this information along to others as appropriate. If you have questions or need additional information please contact me at (440) 255-1700 or wwhite@crossroads-lake.org.

Sincerely,

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To learn more about other services that Crossroads provides:
(440) 255-1700
www.crossroads-lake.org