



Crossroads

Making a Brighter, Happier and Healthier World for Children

Crossroads offers new programs for children, adolescents and parents

Crossroads is now offering a series of new programs to help children, adolescents and their parents deal with emotional or behavioral problems; build social skills and self-esteem; cope with bullying; improve problem-solving; and deal with stress.

All of the programs are no-cost or low-cost, and, except where noted, will be held at the Crossroads Munson Center, 8445 Munson Road, Mentor. **For further information or to register, call (440) 255-1700.** A diagnostic assessment may be required for admission.

The 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. There is a \$20 materials charge.
- **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.