



News Release

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DAVID LAWRENCE CENTER ADDS NEW CHILDREN'S ANGER MANAGEMENT GROUP THERAPY PROGRAM

Naples, FL - The David Lawrence Center is pleased to announce the addition of a new children's anger management group therapy program called **Talk It Out: Helping Kids Deal with Anger**. The program is designed for intermediate and elementary school children (ages 6-12) who, as a result of a variety of presenting problems and diagnoses, struggle with impulse control, anger control, aggression and problem solving. The addition of this program is part of the Children's Outpatient Services expansion which began in July of this year when the Center transitioned from children's residential to outpatient care to better meet the needs of Collier County families.

The goal of the Talk It Out group is to teach children effective coping skills, relaxation techniques, problem solving skills and anger management strategies. Talk It Out engages children to open up using role playing, informal discussion and music and art therapy. The group therapy modality allows for learning and practicing in a structured, social therapeutic setting with children their own age. Two groups for children ages 6-9 and 10-12 will be held weekly. Program length is typically eight sessions however, some children may benefit from additional sessions. As the program develops, more groups and times may be added.

David C. Schimmel, CEO of the David Lawrence Center, stated, "Because of the dramatic increase in the amount of children being served in our newly expanded Children's Outpatient Services department, the clinical team saw a growing number of younger children having difficulty coping with anger effectively. With today's economy, parents are stressed and that affects children too. By developing this new program, the Center is being proactive in helping children learn effective coping strategies for dealing with stress and anger. Our goal is to prevent younger children from learning to express anger with violence – something that can cause them serious trouble as they grow older."

Children must meet certain clinical criteria to be entered into this program determined through a clinical assessment. **To obtain an initial assessment or to learn more about the program, families should call the David Lawrence Center Access Center at 239-455-8500.**

David Lawrence Center is a not-for-profit, community mental health center that provides affordable mental health and substance abuse services in Southwest Florida. In addition to helping children with behavioral, emotional and substance abuse challenges, the Center provides counseling and rehabilitative services to adults in crisis and individuals with persistent mental illness. David Lawrence Center has eight locations in Collier County and touches the lives of more than 17,000 people each year. It is David Lawrence Center's mission to restore and rebuild the lives of all of those in need. More information about David Lawrence Center can be found online at davidlawrencecenter.org.

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