

Dear Parents,

Thank you for choosing to have your child/adolescent attend the Art Therapy/Mindfulness Wellness Group! There are many choices out there and I am honored to be working with your family.

The group will be held at 44 Old Highway 22 Suite 7 Clinton NJ. It's behind Dominick's Pizza. You'll see a brown porch. Go up the steps and to the second door on the left. If you have any problems locating the room, call me at 732-439-3385.

Please make sure your child is dressed comfortably in clothing that you don't mind potentially getting dirty and or permanently stained.

In some groups, we practice yoga poses, breathing techniques, cooperative games, and other physical movements in the beginning of groups. I always emphasize safety, proper form and alignment, and listening to one's own body. Please fill out the waiver form, sign it, and return it to me prior to or on the first group session. There is also a copy of my policies. Please sign and keep a copy for yourself as well as for my records. I require these signed documents prior to starting the group.

I encourage you to schedule a private 30 or 60 minute session with me every 6 weeks or so to review your child's progress, create new goals, and to develop in-home/in-school strategies to assist in managing behaviors and or emotions. If you feel more intensive 1:1 therapy is necessary, I offer this service and am currently accepting new clients.

I'd like to ask some questions about your child so I can design the group to most effectively meet his or her needs. Please feel free to share as much or as little as you are comfortable with. Your information will be kept confidential.

* Name & age?

* What are his or her favorite activities/interests?

* How do you hope this group will help your child?

*Are there specific behaviors or patterns your child displays that you would like to see replaced with healthier/safer/happier/more effective behaviors?

* Does your child have a close friend/friends? Social outlets?

* What do you see as your child's biggest challenge? Self-expression? Social interactions? Emotional regulation? Anger management? Asserting him or herself? Anxiety? Low self- esteem? (These are just some examples, not an exhaustive list.)

* Any major stressors or big changes? Trauma history?

* Any psychiatric diagnoses/history?

*If there is anything else you think I should know that is helpful and important, please let me know.

Thank you for the privilege of working with your child. I look forward to meeting you!

Sincerely, Cathy Rosa, MS-ATR,BC RYT-200

Embodied Art Therapy & Yoga, LLC

732-439-3385