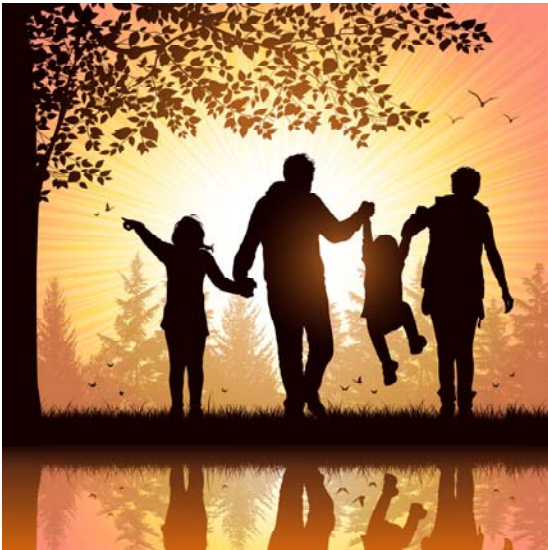


## Got Kids? We Can Help.

Our team of independently practicing licensed psychologists are dedicated to providing the highest quality psychological services to children and adolescents - and to those responsible for their care.



## Contact Us

### MIDSTEP CENTERS for CHILD DEVELOPMENT

454 Rolling Ridge Drive  
State College, PA 16801

(814) 235-1100  
info@midstep.com

Visit us on the web:  
[www.midstep.com](http://www.midstep.com)



*Facing Life's Challenges Together*

## YOUTH & FAMILY WELLNESS PROGRAMS

Fall 2014

### Time Choices for Busy Parents Mindfully Managing Your Time, Stress & Kids with Peter Montminy, Ph.D.

Are you like many families today – leading crazy-busy lives...

Experiencing information overload and emotional overwhelm?

Kids too distracted, disorganized, distressed, or defiant?

Running low on time, energy, and patience?

If so, then you owe it to yourself and your children to take this online parenting course now!

The **Time Choices** program provides you with a unique combination of mindfulness-based stress management AND behavior management strategies to improve the emotional well-being of both you and your child.

Learn how to make mindful choices that:

- reduce parenting stress
- strengthen family relationships
- resolve behavior problems peacefully and productively.

This online parenting class is designed for maximum impact  
*with the least demands on your busy schedule.*

Enroll for 6 weeks of interactive webinars teaching you the core **Time Choices** curriculum.

The next **Time Choices** mindful parenting program starts on **October 15<sup>th</sup>**.  
For more information and sign up go to [www.midstep.com/timechoices](http://www.midstep.com/timechoices).

**The Time is Now. The Choice is Yours.**



## Relax and Refocus

*Mindful Solutions for Anxiety & Stress*  
with Peter Montminy, Ph.D.



A 6-week class for kids who are experiencing information overload or emotional overwhelm while trying to keep up with daily demands at home & school.

Learn mindfulness skills to:

- Increase focused attention
- Reduce anxiety & stress
- Improve self-compassion, self-calming, & self-control

### For Tweens ages 9 - 12 years

**Tues. 5:00 - 6:00pm**

**Oct. 21st to Nov. 25th**

### For Teens ages 13 - 16

**Thurs. 5:00 - 6:00pm**

**Oct. 23rd to Dec. 11th**

## Work Smarter, Not Harder

*Mindful Solutions for ADD & EFD*  
with Peter Montminy, Ph.D.

For students with ADD and other Executive Function Deficits, this EF Coaching program will teach your child how to:

- Focus their attention on the present
- Make more conscious, efficient choices
- Mindfully manage school & homework
- Handle tests & projects with ease

### **For Middle School Kids**

**Wed. 5:00 - 6:00pm**

**Oct. 22nd to Dec. 10th**

## Taking Flight Studio

with Rachel Love, Ph.D.,  
Christy Sharer, N.C.C. & Alisha Munda

### Soaring with Strong Emotions

Learn how to cope with feelings using  
*Yoga, Mindfulness, and Art*

### **For children ages 7 - 11 years**

**Tues. 3:30 - 5:00pm**

**Sept. 23rd to Oct. 28th**

### Soaring through Adolescence

Explore self-expression through creating an Art journal while developing boundaries & the ability to stay grounded with the practice of Mindfulness & Yoga.

### **For children ages 12 - 16 years**

**Wed. 3:45 - 5:00pm**

**Sept. 24th to Nov. 5th**



### **Taking Flight for the Whole Flock** *Safety in a Storm - Navigating Conflict*

Bring the entire family to learn how to navigate stormy skies using mindfulness, as taught through yoga & art.

**All Ages Welcome!**

**10:00am - 12:00pm**

**Saturday October 11th**

## Social Skills Spies

with Carol Skinner, Ph.D.



Is your child struggling with knowing *how* to make friends and *be* a good friend?

**This therapy group is designed to address social skills issues such as:**

- making & keeping friends
- conversational skills
- perspective taking
- emotional regulation & coping skills

### **For children in 3rd - 5th grades**

**Fri. 4:00 - 5:00pm**

**Sept. 19th to Nov. 21st**

**INTAKE REQUIRED**

## Girls Take Charge!

with Carol Skinner, Ph.D.

Middle School can be difficult for *any* child. Girls in this therapy group will learn how to improve relationships with friends & family and learn how to deal with:

- peer conflict
- body image issues
- peer refusal skills

### **For girls in 6th to 8th grades**

**Mon. 5:00 - 6:00pm**

**Sept. 29th to Nov 17th**

**INTAKE REQUIRED**

## Adolescent Autism Alliance of Centre County

with Carol Skinner, Ph.D.

**Teens with autism spectrum disorders have a unique set of challenges:**

- understanding social cues
- perspective taking
- conversational skills.

This therapy group is designed to help high-functioning ASD teenagers deal with these & other issues.

### **For teens in 9th - 12th grades**

**Every other Tues. 5:00 - 6:00pm**

**Begins Sept. 2nd**

**INTAKE REQUIRED**



## Parent Autism Alliance of Centre County

Join other parents with Dr. Carol Skinner for this FREE Parent Support Group to address concerns regarding their children with autism spectrum disorders.

*Interested professionals are also invited to attend.*

**Mon. Sept. 8th at 7:00pm**

Additional meetings will occur quarterly

Limited Enrollment!

CALL TODAY for registration information

CALL 814.235.1100

EMAIL [info@midstep.com](mailto:info@midstep.com)