

## Why HOPS?

**HOPS believes in our children's ability to develop and succeed.**

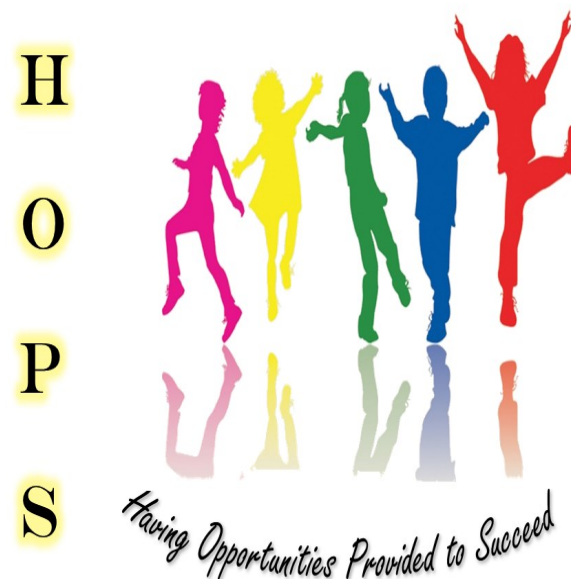
**We believe that by purposefully providing those opportunities, children will be able to safely practice positive behaviors in order to create lasting changes.**



*Epiphany Counseling Service*  
*Where there is more than counseling...*  
*there's a community!*



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at  
*Epiphany Counseling Service*

**GROUP THERAPY DESIGNED TO  
DEVELOP POSITIVE SOCIAL  
SKILLS AND COPING SKILLS FOR  
CHILDREN**

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## What is the HOPS Program?

The HOPS Program is a therapeutic group designed to provide children with the opportunity to develop and use new skills. Each group is tailored to meet the specific needs of the participants.



Within an individual session, each child identifies areas in which they need to

improve including improving boundaries, controlling their emotions, interacting appropriately with others, following directions, making eye contact, making good choices, improve leadership skills, etc. Within the group session, children are engaged in activities that encourage

achievement of the goals that have been identified.

At the end of each 12 week cycle, families are invited to participate in a multi-family group in order to experience what their child has been doing and offer the opportunity to engage in creative exploration with their child.



Therapeutic Activities include games, arts and crafts, dramatic role playing, group discussions, field trips, and more!

### **Teen Program ages 13-17**

- \* Tuesdays 4:30-6pm
- \* Building independence, self esteem, leadership, and motivation

### **Youth Program ages 7-12**

- \* Thursdays 4:30-6pm
- \* Increasing positive self expression, emotional regulation, and self esteem

### **Kids' Program ages 4-6**

- \* Fridays 4:30-6pm
- \* Improving social skills and emotional regulation

### **Eligibility Requirements**

- \* EPIPHANY COUNSELING SERVICE Ages 4- 17 years old
- \* A willingness to engage in a group setting
- \* Mild to moderate behavioral, emotional, or social difficulties
- \* Complete an intake session prior to beginning group.

**Summer program available!**