

# Toolbox for Wellness

A therapeutic group for adolescent girls that follows the Cognitive Behavioral Therapy model—an evidence-based treatment modality which helps youth examine attitudes, beliefs, and behaviors.

The CarePlus Toolbox for Wellness provides a safe place for girls ages 12 through 17 who are experiencing symptoms of depression to practice the Cognitive Behavioral Therapy model (CBT). This model helps identify how thoughts and actions can be self-defeating, and provides a path to learn how to replace poor coping skills with positive action.

## Program Goals:

- Teach Problem-Solving Skills
- Enrich Coping Skills
- Improve Interpersonal Relationships
- Promote Individuality and Self-Esteem

## The group will focus on:

- Reframing unhealthy thinking
- Practice replacing negative thought with helpful thinking
- Role playing

This group follows an open group model, so youth can begin the program at any time. Insurance is accepted.

**For more information or to register...**

Call Gabriella Urato, LSW at 201-797-2660 x5210  
or email [GabriellaU@CarePlusNJ.org](mailto:GabriellaU@CarePlusNJ.org)



## Our Philosophy:

*Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.*

healing one another...together