



# KID CONNECTION

## Group Therapy for Unhealthy Weight Children & Adolescents

Overweight children are at a significantly greater risk for becoming severely depressed, being bullied, and developing eating disorders. The emotional side effects of obesity can be crippling. Children struggling with weight issues can experience alienation, anger, embarrassment, school avoidance, low self-esteem, lower grades and social difficulty.

### Kid Connection Groups Offer:

- opportunities for social skill development & non-weight related goal-setting
- a non-judgmental, safe environment to explore feelings
- skills to deal with emotional & social issues that often coincide feeling “different”
- a path to a more positive outlook, a sense of belonging & self-acceptance
- a break from the added social pressures of being overweight
- a “tool box” for dealing with unkind comments & bullies
- honest peer discussions about the difference between being “skinny” and being “healthy”
- a non-threatening clinical environment where children can be assessed for indicators of depression and anxiety disorders

*Although improvement in self-esteem and outlook may indirectly lead to weight loss in some children, Kid Connection groups are not intended for weight management. Only properly trained medical professionals can monitor weight loss programs for children. Rather, the “Kid Connection” counselor focuses on each child’s emotional well-being, self-acceptance and connectedness to others. The counselor comes from a perspective of compassion, and the belief that all children have the right to feel accepted for who they are, not how they look. All groups at Regan’s Creative Solutions are supervised by a Licensed Professional Counselor.*

**Saturdays, 10-11:30am, 6-Week Sessions, \$240**

**Register by phone at 504.894.8787 or by emailing [jena@reganscs.com](mailto:jena@reganscs.com)**



**1301 Amelia Street, Suite B  
New Orleans, Louisiana 70115  
[www.reganscs.com](http://www.reganscs.com)**