






Providence Saint John's Child and Family Development Center Youth Development Project John Adams Middle School

The Youth Development Project at John Adams Middle School provides a range of evidence-based, culturally sensitive, and linguistically responsive mental health services to students and their families. Services include:

-  **Group Therapy:** A variety of groups are offered throughout the year to meet the various needs of students on campus. These may include Anxiety Groups (building positive coping skills), Gender-Specific Groups, Transition to High School Groups, Mindfulness Based Groups, and more..
-  **Individual and Family Therapy*:** Treatment for a variety of mental health needs are offered to best support students and their families.
-  **Brief Interventions:** Informal sessions offered to provide short term support for students in crisis who may not require long-term therapy.
-  **Parenting Groups:** Parenting groups are also offered to support parents in managing the many stressors in life, and to help equip them with the skills and confidence to best meet their student's needs.
-  **Classroom Workshops:** Guided by a school-based clinician in collaboration with school staff. Intended to support students and help them to build positive coping skills, identify and manage their emotions, and build self-regulation skills.



GROUP
THERAPY

INDIVIDUAL &
FAMILY THERAPY

BRIEF
INTERVENTIONS

PARENTING
GROUPS

CLASSROOM
WORKSHOPS

CONSULTATIONS

For more program
information or a
consultation, contact:
Grace Rougier, LCSW
310-829-8688

*Priority is given to children whose families qualify for MediCal, Healthy Families, or have no insurance.

*Please note that due to the COVID-10 pandemic, all current services are provided via telehealth (Zoom).