



Social Groups for Girls and Boys (K - 5th Grades)



WE OFFER A PLACE FOR CHILDREN TO DEVELOP SELF-ESTEEM AND BUILD SELF-CONFIDENCE IN RELATIONSHIPS. THEY COME TO KNOW WHO THEY ARE, WHAT THEY BELIEVE, AND HOW TO EXPRESS IT.

Groups of 4-6

WE TEACH HOW TO:

- Make & Keep Friends
- Handle Disappointment
- Resolve Conflict
- Manage Emotions
- Overcome Shyness
- Problem Solve
- Play Cooperatively
- Learn Flexible Thinking

415-381-9600

Belinda Stroud, Psy.D.
Psychologist PSY 24593

dr.belinda@kitehillkids.com

Across from Mill Valley Middle School

131 CAMINO ALTO, SUITE E1 . MILL VALLEY, CA 94941 . TEL. 415.381.9600 | WWW.KITEHILLKIDS.COM

Our Philosophy

We encourage communication, collaboration, and self-exploration in a safe and nurturing environment by testing out new ideas and thoughts in group sharing and discussion. Experiencing the freedom of directed activities and games through art, drama, music and nature, we foster engagement and curiosity.

Group Format

Using evidence-based practices and interventions, we offer small groups of 4-6 with 2 facilitators, meeting for 75 minutes once weekly for the school year (September – June). Summer programs are also available. We selectively group children by age/grade level, with complimentary emotional/social and language functioning. We help peers understand each other's individual similarities and differences in an environment that promotes safety and acceptance. We encourage abilities that promote a meaningful and purposeful life.

FLEXIBILITY . PERSISTENCE . RESILIENCE
COLLABORATION . COMMUNICATION
ADAPTABILITY . RESPONSIBILITY . SELF-AWARENESS



Fees

The fee for each group is \$125 per session including healthy snacks and all supplies/materials. A minimum commitment is required for the school year, with weekly meetings to provide the continuity needed to establish group identity, safety, and commonality. With this solid foundation, groups are able to progress to a place of trust, openness, and acceptance where safe and meaningful communication and collaboration occurs.

Facilitators and Supporting Staff

Belinda Stroud, Psy.D. is a Licensed Clinical Psychologist PSY 24593 with training in the treatment of children, adolescents, and their families challenged with Attention Deficit, Anxiety, Mood, Obsessive Compulsive, Autism, Language, and Learning Disorders in addition to behavioral, social, gender, and feeding issues. Dr. Stroud is currently on staff at California Pacific Medical Center at the Child Development Center. She also has a private practice in Mill Valley where she provides individual, group, couples, family therapy, and parent consultations. She works with pre-school children to college age youth, collaborating with other service and care providers to provide compassionate support as they navigate school, peers, family, life stressors, and transitions.

A master's or doctoral level intern also assists Dr. Stroud to provide two facilitators for each group.