

# SMART LOVE<sup>®</sup>

## FAMILY SERVICES

### GROUP THERAPY PROGRAM FOR CHILDREN AND TEENS

# Smart Love Express to Success!

For children needing help with learning or social challenges.



## Register now! Groups start April 2018!

This spring Smart Love Family Services is offering Group Therapy for boys and girls ages 8–10, 10–12 or 13+. Children can register for one 10-week session or they can stay enrolled and participate in consecutive sessions.

These groups provide an opportunity for children to:

- Learn positive relationship skills
- Strengthen self-esteem and self-confidence
- Learn to express and manage difficult feelings in healthy ways
- Learn to effectively manage school related stress and challenges
- Prepare for and thrive in a new school year or setting

Distribution of information by a community group in accordance with District 97 policy does not imply, directly or indirectly, that the group's program(s), event(s) and/ or service(s) is sanctioned, sponsored or endorsed by the district, the Board of Education or the superintendent.

The Smart Love Approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., and is described in their book *Smart Love*. The Natalie G. Heineman Smart Love Preschool offers classes for three to six year olds, and parent and child programs for children six weeks to 36 months. Smart Love Family Services provides counseling for children and families based on the Piepers' therapeutic approach, Inner Humanism<sup>®</sup>. Parenting programs include private parent coaching, educational seminars (co-sponsored by the Intrapsychic Humanism Society), parent training and support programs, and publications. © 2018 Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.

### Registration Details

To register contact Jessica Hudnall, M.A.  
773.665.8052 ext. 219  
[jessica.hudnall@smartlovefamily.org](mailto:jessica.hudnall@smartlovefamily.org)

#### Location

Rush Medical Office Building, Suite 5601  
610 S. Maple St., Oak Park, IL 60304

#### Girls Group

Wednesdays @ 6:15 p.m.

(50 minute session)

Spring session begins April 25

#### Boys Group

Wednesdays @ 7:15 p.m.

(50 minute session)

Spring session begins April 25

Groups meet 10 times, once per week.

#### Composition

Boys or Girls Groups

Ages 8–10, 10–12, 13+

Children can register for one 10-week session or they can stay enrolled and participate in consecutive sessions.

**\$300 for 10 weekly meetings. Many insurance plans cover group therapy.**

**Chicago Location: Natalie & Ben Heineman Smart Love Center, 2222 N. Kedzie Blvd., Chicago, IL 60647**  
**Oak Park Location: Rush Medical Office Building, 610 S. Maple Street, Oak Park, IL 60304**

773.665.8052, ext. 4 | [www.smartlovefamily.org](http://www.smartlovefamily.org)