

The Coping Club – Learning How to Tackle Negative Emotions
Tuesdays 4:30pm-5:30pm

Aurora Behavioral Health Center – NorthShore
6980 North Port Washington Rd, Suite 202, Milwaukee
(Located in the Adelman Building – 2nd Floor)

This group helps elementary school aged children to learn coping skills to navigate difficult emotional states. Designed to help with depression, anxiety, and adjustment issues; kids will learn to identify different feeling states, the purpose of those feelings, and how to manage those feelings in a positive and safe way. The group educates children through play, crafts, and fun activities. Children use this social gathering to learn and practice in a fun and safe environment.

Services may be insurance billable. Please contact Tracy Stuetgen, LPC at 414-351-7103 for a referral to the group, or with any questions.

Aurora Behavioral Health Centralized Scheduling
Scheduling, Triage and Insurance Coverage Information
1-877-666-7223 or 1-414-773-4312

Tracy Stuetgen LPC, NCC, is a licensed professional counselor who works with children, adolescents, and adults. Main modalities used are cognitive behavioral therapy, play therapy, with a systems approach. She uses a collaborative approach involving the family, schools, and doctors in treatment. She believes in using open communication and humor in treatment. Areas of expertise include, ADHD, anger management, anxiety, behavior problems, depression, family therapy, foster care, post-traumatic stress disorder, and trauma. Children, Adolescents and Adults (Ages 4-64)