



RIVERSIDE LIFE SKILLS CENTER MILFORD AND NEEDHAM

Riverside Life Skills is a supportive therapeutic day program for adolescents aged 12-18 who are experiencing significant emotional difficulties or a psychiatric diagnosis, along with disruption in their home, school, or community life.

Who We Help

We work with teens facing significant mental health issues related to:

- Anxiety and depressive disorders
- Obsessive-compulsive disorder
- Mood and psychotic disorders
- Post-traumatic stress disorder

In addition, many students come to Life Skills with gender identity and LGBTQ+ issues. And some have had difficult experiences with bullying.

What We Do

At the Life Skills Centers we help teens to:

- Identify and understand their behavior patterns
- Learn more effective ways of coping
- Gain insight into their mental health challenges
- Improve their self-esteem and increase social skills

Clinical Care

In a highly structured clinical environment involving therapeutic groups and activities, we help teens process and manage the challenges they face, utilizing any of these modes of treatment:

- Dialectical behavioral therapy
- Expressive therapies
- Cognitive behavioral therapy
- Social skills and relationship-building
- Person-centered therapy
- Health and wellness education

A Circle of Support

To fully coordinate care, we work with all of the influences in a youth's life:

- **Families**, who are essential to a teen's success and encouraged to participate in family meetings
- **Schools**, to identify academic and social stressors and develop healthy coping skills
- **Community partners** including outside therapists, the Department of Mental Health (DMH), and the Department of Children and Families (DCF)

For youth with severe emotional difficulties including emerging psychosis, please ask about our Life Skills LARRY (Learning and Readiness for Resilient Youth) program in Somerville.

Contact Us

For Referrals

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Riverside Life Skills Centers

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Hours of Operation

Monday-Friday, 9am-3pm

Riverside Community Care

Leading the Way in
Behavioral Healthcare &

www.riversidecc.org

