

PARENT SUPPORT GROUP

ADDRESSING THE COMPLEX NEEDS OF PARENTS RAISING TEENS IN A COMPLEX WORLD



Our **Parent Support Group** gives parents hope as they see other families learn, change, and grow and receive support and encouragement. As parents find themselves able to care for their loved ones and help each other they increase their own sense of competence and power. The group becomes a support network where families can feel accepted just as they are—perfectly imperfect—just like all families. It takes a village to raise a child and this group is your village.

Identification with other families who share the same issues takes place through direct sharing and support. This occurs on a peer-to-peer level with more points of view, more observations, more experiences, and more opportunities for connecting with someone from whom parents can learn from.

Groups are held on the 2nd Sunday of the month from 6:00 p.m.–7:00 p.m. The cost is \$35 per group, which may be reimbursable depending on your insurance.

The group is facilitated by **Amy Frey, LCSW**, a leading professional in the area of family systems. She has many years of clinical experience working with clients in both inpatient and outpatient settings. Amy also provides individual and couples' therapy.



This group is for parents of adolescents who experience one or more of the following:

- Anxiety and Depression
- Divorce/Blended Families
- Trouble with Communication
- Social and Peer Pressure

Benefits include:

- Universality/Identification
- Forming Supportive Relationships
- Empowerment
- Support/Acceptance
- Hope

**CONTACT US TODAY AT
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