

PARTNERS IN PARENTING

SUPPORT GROUP FOR PARENTS OF ADOLESCENTS WHO STRUGGLE WITH MENTAL HEALTH



ONLINE SUPPORT GROUP

This 6-session virtual group provides a safe, nonjudgmental space for parents to come together for education, support, and peer connection.

The group facilitators will provide information, tools, and resources that will assist participants in finding the most effective ways to support their adolescents and care for themselves. Group members are encouraged to bring their concerns as well as to offer and receive input from each other.

The group is recommended for parents who want to improve their ability to engage with their teenagers in a constructive manner while also setting healthy limits and taking care of their own mental health. This group is ideal for parents of teenagers who are in weekly therapy or have participated in more intensive treatment.

Group members must be residents of the state of Virginia due to practice laws regarding telemedicine.

GROUP STRUCTURE

Each group session will begin with a brief mindfulness exercise. The group facilitators will provide information about a topic and allow time for discussion. There will be time in every session to ask additional questions and address specific concerns. Participants are encouraged to bring their own experiences and challenges to process as well as to actively listen and provide feedback to other group members. Group size is limited to 12 members.

TOPICS BY DATE

May 9 th	The Adolescent Brain & Mental Health
May 23 rd	The Tasks of Adolescence & Your Role
June 6 th	Distress Tolerance for Parents & Adolescents
June 20 th	Communication Obstacles & Solutions
July 11 th	Tips for Managing Heightened Emotions
July 25 th	Caregiver Fatigue & Self-Care

TIME & LOCATION

Mondays 12:00pm -1:30pm Online via Zoom

FACILITATORS

Tracie Epes, LPC has been the Director of Counseling at The Madeira School since 2008. Cate Riihimaki, LPC has been in private practice for 15 years in the McLean area specializing in adolescents. Both are Certified Clinical Trauma Professionals (CCTP) and trained in Dialectical Behavioral Therapy (DBT).

COST & INSURANCE

\$125/session* (\$700 for 6-weeks)

**Most insurance companies provide partial reimbursement for group therapy. We will provide an invoice for you to remit directly to your insurance company.*

**TO REGISTER OR
FOR MORE INFORMATION**
PLEASE EMAIL CATE RIIHIMAKI, LPC
AT CATERIIHIMAKI@GMAIL.COM