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Parent Support Groups

Parent Support Groups are a unique resource offered to Edgemont parents. Our professionally led groups are designed to provide members with an opportunity to establish an atmosphere and structure to help one another deal with the challenges of parenting teens and pre-teens. Groups provide a format for parents to ask questions about the social, emotional, and physical development of their children and an opportunity to keep up with current trends in pre-adolescent and adolescent culture. Groups are available to mothers and fathers living in the Edgemont community.

Topics span the range of adolescent issues and typically include positive emotional development, limit-setting and boundaries, curfews, relationships, substance use and experimentation, stress and emotional management and readiness for college. Additional topics include social media use and influence, group dynamics, inclusion and exclusion, bullying, privacy and passwords and parent-child relationships.

Specialized Parent Support Groups are formed to accommodate the unique needs of community members. When a particular parenting need is identified, SFCS makes every effort to provide support groups for those parents that may share in the identified need. Examples include:

Beyond the Basics: Offered for parents of children with emotional or special learning needs.

LGBTQ+ : For parents whose children identify as part of this community,

Multicultural Parent Support Group: Mainly for international families who are becoming acclimated to living in the US and Westchester County.

Parent support groups are organized according to the grade level of their children however they are NOT school-based groups. Groups generally consisted of an average of ten members with a maximum number of group members being twelve. Groups can meet at the offices of SFCS in Scarsdale Village or in the homes of the parent participants, depending upon group preference.

Group formation requires a minimum of 6 parents with children of the same age or same developmental level, i.e.: Middle School groups or High School groups. All groups are professionally led by one of SFCS' licensed mental health providers. Groups meet monthly and are 75 minutes in length. The fee for a 6-group cycle is \$270.00. Payment is required at the time of registration.

For additional information, please contact Jay Genova, LCSW at 914-723-3281 or jgenova@sfcsinc.org.