

Group will be located at One Safe Place, 1100 Hemphill St. Fort Worth, TX 76104.

Group starts on: 04/04/2024

Group takes place on: Thursdays from 3:00-4:00pm in classrooms #1 & #7

For questions please contact:
luz.ruiz@empathyhq.org

All inquiries will be responded to in the order they are received between the hours of 9:00am-4:00pm Monday-Thursday.



IN A NUTSHELL:

- Both parent and child must attend together
- This is an 8 week course
- Sessions last for 1 hour
- Children & parents will learn similar material in different environments
- There will be interactive workshops
- There will be prizes!
- Use this [link](#) to sign up!
- Participants will be selected based off of eligibility-met & a 1st come/1st serve basis

EmpathyHQ

One Safe Place
1100 Hemphill St.
Fort Worth, TX 76104

Phone: (817) 851-2042
Fax: (817) 405-3364
website: empathyhq.org
SIGN UP: <https://intakeq.com/new/sw1l7o/9lqlf>



EMPATHYHQ
navigating your path to living a healthy and authentic life

Who WE are & What You'll See...

We are therapists skilled in a variety of psychotherapeutic techniques like cognitive & dialectical behavioral therapy, solution focused brief therapy, motivational interviewing, psychodynamic, family, & person-centered therapeutic techniques.

You'll see interventions ranging from effective communication skills, appropriate coping techniques, positive confrontation, acceptance and commitment, conflict resolution skills, strength building exercises and more.

These skills will be taught in a way that is easy to recall and replicate at home. Attending group is beneficial for individuals and families in need, but the real changes are made through repetition and practice in daily routines. We look forward to working with you and creating positive changes in your life!



Who YOU are...

Have you thought any of the following intrusive thoughts: "My kid hates me— why does my kid hate me?" "Why won't they just talk to me?" "What am I doing wrong?" OR "All they do is play on their phone," "Does my kid have actual human friends?" or "why do they act like that?"

GOOD NEWS— We can help! We have an 8– week course designed to help you and your child bridge the gap with communication issues.

We are seeking parents with children ages 11-14 who have been struggling with relationships. Ideal candidates are children who feel like they have no friends or they don't know how to maintain friendships. These children seem to spend a large portion of their time by themselves in isolation, or they have poor grades, and they can even have trouble separating from their parents due to fears of having to socialize with similarly-aged peers.

FOR THE KIDS

- Coping skills
- Appropriate communication techniques
- How to manage intrusive thoughts
- Learning acceptance
- Building resiliency
- Feeling our feelings

FOR THE PARENTS

- Psychoeducation
- Question/answer sessions
- Coping skills
- Tools to help your child build resiliency
- Skills in motivational interviewing
- Changing our language