

## SUPPORT GROUP

# THE SUPPORT GROUP WILL MEET BI-WEEKLY FOR 8 SESSIONS

**NEW GROUPS FORM  
THROUGHOUT THE  
YEAR**

PROGRAM COST:

200.00      1 Care-giver

350.00      2 Care-givers

**SCHOLARSHIPS AVAILABLE**

## YOU ARE NOT ALONE....

The Parents (Care-Giver) Support group is designed to facilitate the sharing of experiences, the expression of feelings, and the opportunity for support for struggling parents.

The group will be facilitated by a Certified Social Worker and will meet for eight sessions, twice a month, for two-hours per session. A supportive environment for parents will be central to each session. In addition to this supportive focus, each session will have an educational component to begin the session and a problem-solving/coping skills component to conclude the session. Sessions will include a combination of discussion, experiential learning, and instruction, with parental participation being the most important.

## SOME CONCERNS OF PARENTS THAT MAY BE DISCUSSED:

Family Needs

Discipline

Building Self Esteem

Separation and Loss

Working with the Schools

Communication Skills

Meeting Your Own Needs

Developing Children's Social Skills

Loneliness

Child and Parent Rights

Stress Management

Networking

Socialization

Medication