



S.P.A.N. - FALL 2018

Support for Parents of Adolescents in Need

Parents of teens and pre-teens struggle when they see their sons and daughters in turmoil. This group will offer insight, mutual support, and tools to improve:

- Communication and connection with your teen
- Confidence parenting teens experiencing challenges
- Coping with your own emotions and challenges
- Understanding how to grow with your teen despite depression, anxiety, an eating disorder, or other distress

Pre-registration and pre-group assessment required, insurances accepted, contact for details. **Please note** the group is meant as an adjunct to individual treatment if needed.

Leader is Licensed Professional Counselor Richard P. Lieske MA MDiv LPC, who has more than thirty years' experience with teens and parents. Call or e-mail for more info and receive a parenting resource just for inquiring!



**TUESDAYS 6:30-8:00
PM OCT 9 THROUGH
DECEMBER 18 2018
(NO GROUP NOV 20)**

**GREAT RESOURCES
FROM BRENE BROWN,
GARY CHAPMAN, PAT
HARVEY, KARYN HALL
& MORE**

**GROUP USES DBT,
CBT, FAMILY
SYSTEMS ELEMENTS**

**LIMITED TO EIGHT (8)
PARTICIPANTS**

**INQUIRE BY PHONE
OR E-MAIL TO LEARN
MORE AND RESERVE
A SPOT**

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