



Roncesvalles
Psychology
Clinic



VIRTUAL PARENTING GROUPS

Group Therapy for Parents of Children and Teens Experiencing Emotional Difficulties

- Understand your child's emotions
- Learn skills to help you navigate your child's emotions and behaviours
- Learn how to open the lines of communication with your child and de-escalate conflict
- Receive support from the group leader, Dr. Matt Costaris, and other parent peers in the group

Who is the Group For?

- Parenting can be very challenging. This group is for any parent wanting support, skills, and tools to help manage your child's feelings and behaviours
- If your child is experiencing sadness, intense worrying, lack of motivation, distancing, social anxiety, or other challenging issues, this group can help

What Will You Learn?

- Over the course of 8 sessions, we work to:
 - Understand your child's anxiety/depression
 - Explore how our own feelings impact the ways we react to our children
 - Learn to validate your child's feelings
 - Learn strategies for managing your child's emotions in a caring and supportive manner
 - Discuss experiences with other parents in a supportive environment
 - Improve confidence in your ability to successfully help your child

When Do the Groups Run?

- 8 weekly sessions via Zoom (1.5 hours each) with a maximum of 8 families per group
 - Parents of children aged 8-12 run **Tuesdays at 6:30pm**
 - Parents of teens aged 13-18 run **Wednesdays at 6:30pm**

How to Join?

- Feel free to contact Mila, our Director of Client Services, with any questions, to sign up and to find out when the next group is running:

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