

# Support Group for Parents of Children & Teens with Mood Disorders

- ❖ Learn effective strategies for raising children/teens struggling with anxiety, depression, bipolar disorder, OCD, behavior problems or substance abuse.
- ❖ Connect with other parents facing similar struggles in a respectful and non-judgmental environment.

## In this group you will learn how to:

- ◆ Work effectively with your school district to obtain support and services
- ◆ Navigate the mental health system and obtain appropriate, effective, evidence-based treatments for your child
- ◆ Avoid losing yourself in the day-to-day challenge of supporting your child, managing their illness and caring for your whole family and self.
- ◆ Care for oneself as a survival skill (and what does that even mean)?
- ◆ Manage your own emotional reactions to a challenging situation.
- ◆ Master effective communication skills to strengthen the relationship with your child.

**When:** 2x/month throughout the year depending on the level of interest and number of participants. Contact us to be put on our list!

**Where:** 4 Cromwell Place, White Plains, NY

**Cost:** \$270 for a 6-session group (for one or two parents). Full payment is required upon registration.

## Led by Elise Munoz, LCSW-R, CBT-TEAM certified



Elise has more than 15 years experience as a child, teen and young adult cognitive-behavioral psychotherapist and was a school therapist in Westchester for over 7 years. Above all she is also a parent of two teenagers and has gone through similar life experiences as you.

**Enroll or find out more by calling 914-815-6799 or email Elise at [emunoztherapy@gmail.com](mailto:emunoztherapy@gmail.com)**

[www.elisemunoz.com](http://www.elisemunoz.com)