

Group Therapy for Parents of Adolescents

What is the purpose of this group?

The goal of this group is to arm parents with concrete skills to help them improve their relationships with their kids and to be a space to share struggles and celebrate the wins with other parents.

How will the group work?

Parents will learn a DBT-informed skill to practice at home. Participants will also share about the challenges they faced throughout the week, ask questions to the group, and receive feedback.

Who can participate?

This group is for parents of middle- and high school-aged adolescents who are looking to connect with and understand their kids better to create more harmony at home.

To participate, contact Arielle Mach, LCSW at amach@empiremindsnyc.com or 929.224.0125 to schedule a 15-minute phone screener.