

The PARENT Group

For Parents & Guardians of Teens & Young Adults



- **PARENTS** can work together to develop more effective strategies to respond to their teenagers/ young adults addictive behaviors.
- **PARENTS** can focus on quality of life for the whole family and build motivation to make changes even though it is very difficult.
- **PARENTS** can use the support of the group to learn more about skills of acceptance, validation, and self-soothing for themselves and their child.
- **PARENTS** can take time for themselves to process emotions related to their concerns and map out personal goals to do what works.
- **PARENTS** can learn to think dialectically (balancing opposing forces) and improve communication and reduce stressful interactions.

The PARENT Group runs for 6 weeks
Saturdays, from 9:00 – 10:30 am
The fee for each group session is \$125.
Space is limited. Please register today.

Kristin Dineen is a Licensed Clinical Social Worker who provides individual, group and family therapy. She has over 28 years of experience in treating adolescent and adult clients experiencing anxiety, depression, substance abuse and other difficulties. Kristin received her Masters in Social Work from Fordham University and is trained in Dialectical Behavioral Therapy (DBT), a skills-oriented therapy model focused on emotions with a cognitive and behavioral component. Inspired by the effectiveness and practicality of Dialectical Behavioral Therapy, Kristin is very dedicated to helping adults and teens gain awareness and acquire coping strategies through DBT.



For more information about **The PARENT Group**
and to register, please contact **Kristin Dineen** at Insight Counseling
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