

Positive Parenting Group: Skills and Strategies

This 5 week group is designed for parents that have children or adolescents struggling with anxiety/depression and would like to develop more informed and effective parenting skills in this context. This group will help parents develop improved knowledge, coping strategies, communication skills, and highlight the importance of maintaining self-care as they support their family

- 1. Psychoeducation on anxiety/depression from a biopsychosocial and developmental approach**
- 2. Evidenced based strategies to help support your child and respond effectively to their needs**
- 3. Opportunity to share challenging parenting experiences of in a safe environment and benefit from others' insights**
- 4. Develop strategies for maintaining self-care and improve relationships with family members**

Where: Child and Family Psychological Services, 169 Libbey Ind. PKWY, Weymouth, MA

Contact JP Arena at 781-551-0999 x484. This group may be covered by your health insurance.

Please speak with JP Arena for details.



John-Paul (JP) Arena, Licensed Independent Clinical Social Worker, received both his Bachelor of Arts and Masters of Social Work at Boston College, graduating with Summa Cum Laude honors. He has worked in Cambridge for over five years assisting geriatric/disabled populations with subsidized public housing. For a span of two years he served as Chair of the Somerville/Cambridge Alzheimer's Partnership. At the same time, for five years he has also been working as a therapist specializing in working with children, adolescents, and adults on issues related to anxiety disorders, depression and Obsessive Compulsive Disorders.

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T 781-551-0999 | F 781-551-3396

89 Access Road, Suite 24, Norwood, MA 02062 | 169 Libbey Parkway, Weymouth, MA 02189

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