

# ***Navigating The Parent/Child Relationship***

*Traverse the growing pains of raising a child with mental health and/or behavioral needs*



***All who hold a parenting role in a child's life are welcome***

Parenting is hard. There is no rule book. Parent Guilt is real. Local resources are limited. Add to that your child doesn't fit in "the box." You are not alone. Join others in similar situations, as you learn and share ideas to navigate your child(ren)'s challenges. Discuss various concerns and issues you are experiencing with other caregivers. Strengthen lifetime skills to build positive change & support one another. Topics are tailored specifically to your group, using an initial screener/ questionnaire, during this 8-week group. Geared toward those raising children between the ages of 8-13.

**Group Facilitators:** Britt McGonagle MS, LPC-TT & Bryenne Alesch M.ED

**When?** Wednesday from 5:00 - 6:30pm. June 1 – July 20, 2022

**Where?** Elite Cognition Office, 5900 Monona Drive Suite 102, Monona WI 53716

**How do I Join?** Complete Elite Cognition's group registration form and send it back to us. Email [info@elitecognitionllc.com](mailto:info@elitecognitionllc.com) or call 608-286-1132, with any questions. You will be emailed a quick, anonymous questionnaire prior to the first session. This information will drive the topics.

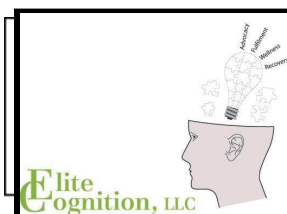
**Cost:** \$40/session or \$300 if paid in full prior to first session. Current (or parents of current) CCS consumers should sign up via their Service Facilitator, under psychoeducation.

*\*Nobody should be excluded due to cost. Contact us to see if you are eligible for our sliding scale fee*

**Weekly Format:** Topics & Themes chosen based on initial questionnaire. We will share tools, skills, connection, and resources to help tackle issues and make progress toward stronger parent-child relationship goals. Sessions will conclude with discussion and time to share.

**\*Childcare:** We will offer childcare during the group for those that could not otherwise attend in hopes of eliminating this barrier. We will be utilizing a red cross certified babysitter (teen). Kids will be offered a water bottle and small snack each week. Attendees needing childcare MUST indicate this need on their questionnaire, so we have adequate care on hand each week.

**Note:** This group relies on its members to be present each week. Participants should commit to attendance weekly. This is an *In-Person group*. Facilitators are COVID-19 Vaccinated. Group members are required to follow sanitation protocols and social distancing to reduce spread of COVID. Masks may be worn at the discretion of participants and facilitator.



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