

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 participants, using an initial screener/ questionnaire during this continuing group. Geared toward those raising children between the ages of 10-15.

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

When? Wednesday from 5:00 - 6:30pm. This is an ongoing group. Join anytime!

Where? The comfort of your home! This is a virtual group. Links to attend will be provided following registration.

How do I Join? Complete Elite Cognition's group registration form and send it back to us. Email info@elitecognitionllc.com or call 608-286-1132, with any questions.

Cost: \$45/session. Discount offered to participants who attend multiple sessions. Please inquire with Director of Operations. Current CCS consumers (or their parent) should sign up via their Service Facilitator, under psychoeducation (2h/wk).

*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 organically based on current group needs. We will share tools, skills, connection, and resources to help tackle issues and make progress toward stronger parent-child relationship goals. Sessions will include discussion and time to share.

Note: This group relies on its members to be engaged and participatory. This is a virtual group.

