



# WELCOME TO PARENTS GROUP!



## Clear Reflection's Parents Group: An included Resource for Parents and Families



While we embrace that being a teenager can be challenging at times, we acknowledge that raising one can be equally as difficult, which is why we offer Parents Group, a helpful resource for parents and families. This group is free of charge and meets on Thursday evenings from 5pm- 6pm right here at our office.

While attendance is optional, many families have found this group to be an incredibly valuable addition to their child and family's time at Clear Reflection. Led by our Program Director, Victoria, and typically another one of our group counselor, Parents Group is an opportunity to connect with other families and receive support from our team. The group is also a great place to learn more about the approach and philosophies utilized in our program to potentially implement some of the skills and practices that your teen is learning at home!

### Program Schedule

Monday - 3:00pm- 6:00pm

Wednesday- 3:00pm- 6:00pm

Thursday- 3:00pm- 6:00pm

\*Parents Group- 5:00pm - 6:00pm



Please also feel free to enjoy a cup of coffee or tea and snack, on us!