

Parent Stress Management

This 12-week curriculum was created to help mothers of individuals diagnosed with intellectual, emotional, behavioral, or developmental disabilities manage their stress



Group Information

- Date:** Starting the week of May 31st
- Time:** TBD
- Cost:** \$80 Per Session
- Location:** The Tarnow Center
1001 W. Loop S.
Ste. 215.
713-621-9515
- Clinician:** Lead by Caitlin Bailey, M.Ed., LPC

Has your child been diagnosed with an emotional, intellectual, developmental, or behavioral problem? Are you struggling to understand or come to terms with the diagnosis? Are you experiencing feelings of guilt, shame, worry, confusion, pessimism, fear, or hopelessness?

Group Topics Include:

- ◆ Understanding stress, developing coping skills and self-management techniques
- ◆ The stages of grief, moving from grief to acceptance
- ◆ The effects of unresolved guilt, moving from guilt to forgiveness
- ◆ Understanding your child's diagnosis and how to advocate for them
- ◆ Examining your fears, moving from fear to confidence
- ◆ Remaining hopeful, moving from pessimism to optimism

Are you feeling alone in your journey to understand, accept, and advocate for your child?

This group is for you!

Call 713-621-9515 or email Caitlin@Tarnowcenter.com for more information.