

Fall 2008
Parent Support Groups

Practical Parenting

A Skill-Building Support Group for Parents of Teens

Want help feeling respected and connected?

Support Groups are led by adolescent specialist Michael Y. Simon, MFT, high school counselor, noted speaker/ educator and psychotherapist in private practice.

In the first section of our support group, Michael will outline specific, research-based parenting "best practices." The goal is to help you feel and be more effective in supporting your teen in their school, social and home lives. In the second section, we'll have a traditional support group format for parents to share their experiences with each other, to receive feedback from Michael and to get support for doing the world's hardest job. **Please note: this is not a therapy group.**

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Visit us on the Web at:
www.PracticalHelpForParents.com



Groups Now Forming

Alternate* Wednesdays, 12 to 1:30 p.m. (Oakland)

(9/17; 10/1; 10/15, 10/29; 11/12, 11/19; 12/3, 12/10)

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**Alternate* Thursdays, 7 to 8:30 p.m.
(Lafayette/Walnut Creek)**

(9/18; 10/2; 10/16, 10/30; 11/13, 11/20; 12/4, 12/11)

(Maximum 8 in each group)

Location: Specific locations to be arranged
Fee: 8 Sessions, \$320

Format: We'll meet for 90 minutes, every other week. This format will allow time for both reviewing specific materials and getting and giving support on parenting your 12-18 year-old. Groups are limited in size to facilitate discussion; please register early, as groups are expected to fill quickly.

*Groups will meet weekly twice (once in Nov.; once in Dec.), to accommodate holidays.

To Register or For More Information, Call (510) 433-2959 or Email

Because There's No Such Thing as Too Much Support