

Adolescent Parents Support Group & Education

Aurora Behavioral Health is committed to providing excellent treatment for adolescent in a comprehensive therapeutic environment. We also understand that when your teenager is dealing with mental health issues, whether the child is in treatment or not, it's a challenging, difficult and often a confusing time for parents and family members. Therefore, we have established a parent support and education group – free of charge – for all community members.



Who Should Attend:

Any parent or guardian dealing with an adolescent with a mental health condition. Participants can join at any time. There is no cost involved.

When:

Aurora East & Aurora West

Wednesdays
5:30 p.m. – 6:30 p.m.

Where:

Aurora East
6350 S. Maple Ave.
Tempe, AZ 85283

Aurora West
6015 W. Peoria Ave.
Glendale, AZ 85302

▶ Simply check in at the front desk. Our staff will come and get you.

Topics that will be covered:

1. Communication
 - Roadblocks to effective communication
 - Passive, aggressive and assertive communication
2. Self-Esteem
 - Adjusting negative core beliefs
 - Self-acceptance and expression
3. Self-Regulating Skills
 - Preventative & responsive skills
 - Positive vs. negative skills
4. Understanding Diagnoses & Symptoms
 - Diagnoses, symptoms, & causes
 - Identifying triggers
 - Treatment options
5. Grief & Loss
 - Types and stages of grief and loss
 - Gratitude
6. Family System & Boundaries
 - Healthy versus unhealthy family systems
 - Family roles
 - Identifying boundaries
7. Stages of Development & Sexuality
 - Biological, psychological & sexual stages
 - Sexual health
8. Mental Health & Wellness
 - Maintenance
 - Planning and resources

This group can be attended once or ongoing as needed. However, parents and guardians are encouraged to attend all eight weeks to get the most benefit from group.

Where healing starts and the road to recovery begins...
