



ALPHA OMEGA
CLINIC

presents:

GROUP THERAPY FOR FATHERS



Beginning October 7th, 2021

Fathers with children receiving mental health services have unique needs that can be difficult to meet. Many dads have a difficult time finding other men they can speak with openly about their own struggles as they watch their children enter therapy. A new psychotherapy group will meet twice a month to support fathers in their role as caregivers to children with a diagnosis of a mental illness.

The group will be a mixed psychoeducational/process group and emphasize both tangible parenting skills and an opportunity for dads to support one another and process their own inner struggles regarding what it means for them to have a child in therapy. The group will meet in person at the office in Fairfax. Fathers who live an hour from the practice may find it beneficial to join via Zoom video, but virtual participation will be limited to four members and the need will be based on the distance the family lives from the office.

The group is limited to 8 members in-person and 4 virtual, and will meet for 1 hour and 15 minutes every other week.

Facilitator:

Vincent Terreri, M.S.

Cost:

\$50 pre-screen
& \$85 per session.
12 session
commitment.

When:

Every other
Thursday at
7:15pm-8:30pm
for 6 months.

Facilitator:

Alpha Omega Clinic
9677 Main Street
Ste A-B
Fairfax, VA 22031

If interested, please call **301-767-1733** ext **0**.