



ALPHA OMEGA
CLINIC

presents:

GROUP THERAPY FOR FATHERS

"Because of the class, I become more self aware of my actions, and really worked towards attunement with my children."

Ask about the
Mother's Group on
alternating weeks
beginning 10/13.
Both groups will
cover the same
topics in sequence

Beginning October 6th, 2022

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 two 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 2 virtual, and will meet for 1 hour and 15 minutes every other Thursday, starting at 7:15. The group will take a week off near Thanksgiving and after Christmas to allow for family holiday needs.

Facilitator:

Vincent Terreri, M.S., L.P.C.

Cost:

\$50 pre-screen &
\$85 per session

Feedback from Last Year's Group

"I found the parts work to be surprisingly helpful. The big open heart approach was very helpful, and the discussion with the leader and the other dads very helpful."

"My wife said that she felt that I became more patient, calmer, and more understanding."

Location:

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

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