

ALPHA OMEGA CLINIC PRESENTS: GROUP THERAPY FOR MOTHERS



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CLINIC



Beginning October 13th, 2022. Mothers with children receiving mental health services have unique needs that can be difficult to meet. Many moms have a difficult time finding other women who can relate to their struggles as they try to support their children through therapy while taking care of themselves. A new psychotherapy group will meet twice a month to support mothers 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 moms 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. Mothers 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:

Laura Aydlette, M.S.

COST:

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

LOCATION:

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

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

**ASK ABOUT THE FATHER'S GROUP ON ALTERNATING WEEKS BEGINNING 10/6.
BOTH GROUPS WILL COVER THE SAME TOPICS IN SEQUENCE.**