



LifeWork, llc

LifeWork, LLC
Premier Provider of
Dialectical Behavior Therapy
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LifeWork, llc
Support for
Parents

SUPPORT FOR PARENTS



Empowering Parents Workshops

LifeWork's Empowering Parents Workshop Series applies the principles of Dialectical Behavior Therapy (DBT) to the most challenging aspects of parenting pre-teens, teens and young adult children. These workshops are open to any parents or caregivers whose children are currently enrolled in a DBT program.

Empowering Parents, Part One

This parents-only group presents the major concepts in DBT and their application to parenting. Attendees will learn and discuss methods to manage the behaviors of pre-teens, teens and young adult children more consistently and effectively. They will also learn to increase cooperation, utilize behavioral change strategies, and develop understanding and compassion for their children—and for themselves.

Empowering Parents, Part Two

This advanced class will help parents and their children increase cooperation and improve their relationships. Participants will learn to manage their own levels of emotion during difficult interactions, set effective limits with their children, and “know what to say” when emotions run high.

Each workshop is three hours, and the cost is \$100 for both workshops for each attendee.

Register for the workshops by contacting any LifeWork therapist or by visiting our web site, www.lifeworkstl.com. Please contact parentsupport@lifeworkstl.com with any questions.

Parenting Compass: An Educational Support Group for Parents

Parenting Compass is a bimonthly education and support group that provides insight, education, and collaboration for parents and caretakers. This group offers support and direction to participants during their children's adolescent and young adult years. This group is open to all parents or caregivers of adolescent or young adult children.

Parents in the group review a different parenting topic in each meeting and collaborate with and learn from other parents. The group is held online and is facilitated by a LifeWork therapist.

Please check the LifeWork web site, www.lifeworkstl.com, for upcoming dates. Please reach out to parentsupport@lifeworkstl.com with any questions.

ONE-ON-ONE PARENT CONSULTATIONS

Join therapist Camilla Collins, LMSW, for one-on-one guidance on methods to effectively parent pre-teens, teens and young adult children. These appointment times are available for families to address their specific parenting challenges. Please call (314) 737-0020 or reach out to parentsupport@lifeworkstl.com for available times.

\$70 for a one-hour session.