



Congenital Heart Disease Therapy Group

What: Group Therapy Sessions for Parents of Adult (18+) CHD patients
When: Monthly, Last Thursday of Each Month
Time: NOON (Eastern Time)
Where: Via Zoom (Online)

Maximizing the Most out of Life, While Taking Care of Yourself!

Please join our therapy group for parents of adult children (18+) with CHD congenital heart disease. Sessions are for those located in Alabama, Colorado, Florida, Georgia, Kansas, Massachusetts, Michigan, New Jersey, Ohio, Pennsylvania, Iowa, Texas or Wisconsin. We will discuss how to get the most out of helping your child navigate the transition to adulthood, while assuring your own sense of self and purpose. Becoming an independent adult can be a difficult transition for anyone, but especially the CHD patient and parents as you must find the appropriate way to start "letting go." We can help you through that.

What will these sessions provide you?

- A place to discuss with others who share similar experiences, and a trained therapist who can provide clinical interventions to help with your struggles.
- The feeling of relief knowing there are solutions, and you are "not alone."
- Comfort of knowing others understand your daily trials and tribulations, are willing to listen, as well as provide needed and appropriate support to you!

The program will be run by Dr. Corinne Smorra, DSW, MSW, LCSW.

Dr. Smorra is a licensed Clinical Social Worker in the states of Alabama, Colorado, Florida, Georgia, Kansas, Michigan, New Jersey, Pennsylvania, Iowa, and Texas. She specializes in psychosocial issues for families and clients affected by Congenital Heart Disease and has written her doctoral dissertation on the subject. For more about Dr. Smorra and her research please visit <https://www.linkedin.com/in/dr-corinne-smorra-dsw-msw-lcsw-439a9ba/> or www.heartandmindcounseling.com

Cost: These monthly Group Therapy sessions for congenital heart disease are \$45 per session. We accept Blue Cross PPO plans as well as United Health/Optum if you have coverage for group sessions and want to use insurance.

Please contact Marc Seguin call/text (248) 505-8620 or email mseguin@heartandmindcounseling.com for payment options.

For additional information or to sign-up for the group, please call/text (707) 815-0374, or email Dr. Smorra at: csmorra@heartandmindcounseling.com