



NEW! - Therapy Group for Parents of Children with Special Needs (Space is LIMITED!)

Sessions are available for those living in Michigan and Florida.

When: Monthly - Will be determined

Time: To be Determined with the Group Participants (Eastern Time)

Where: Via Google Meets (Online)

Helping you with the realities of parenting a child with special needs.

How do you help your child (either young or an adult) successfully navigate daily struggles? Are you taking time to take care of yourself? Caring for a person with special needs affects other parts of your daily life. Multi-tasking becomes much more complicated and stressful, when adding the additional responsibilities of going to doctor's visits, other scheduled appointments and the overall care of your child/children. We will explore the impacts of having a child with special needs. What tools can you, as a parent, utilize to deal with the range of emotions and feelings you experience while helping your child learn how to manage the impacts of living with special needs. We will discuss these topics in a friendly, comfortable environment facilitated by a trained therapist.

What will these sessions provide you?

- A place to discuss with *others who share similar experiences*, under the guidance of 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 Lauren Thomas, LCSW. Lauren is licensed in the states of Florida and Michigan.

Lauren Thomas, LCSW is a trauma therapist Certified in Trauma Focused CBT and CPT. She specializes in therapy for special needs children and their families, trauma, chronic disease and pain, anxiety, depression, anger management, grief, pregnancy and child loss. Lauren is also trained in DBT.

<https://heartandmindcounseling.com/about-lauren/>

Cost: These monthly sessions \$45 per session (**excluding** materials, if any) if paying privately. Or, we accept Aetna PPO, Blue Cross PPO plans, Blue Care Network in MI, Medicare (MI) and 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.

Please call/text (707) 815-0374, or email admin@heartandmindcounseling.com if you have additional questions. ***Sign up NOW - Space is LIMITED!***