

## **ONLINE PARENT GUIDANCE GROUP**

*This support group is for parents of teens and young adults with mental health challenges*

If you are looking for help and support, join this on-line support group with other parents who are sharing similar struggles. Dr. Stephen Tourjee facilitates a safe, non-judgmental group where you can talk about your experiences and gain valuable feedback. This group can help you to develop positive parenting solutions in a respectful, connected environment.

- **Share questions and information about mental health conditions**
- **Learn about setting limits for problematic behaviors**
- **Feel less alone as you share struggles**
- **Discuss communication techniques and coping skills**
- **Find support around your parenting choices**
- **Gain a sense of belonging, acceptance, and connection in a group setting**

WHAT: 12-week online group (Zoom)

WHEN: Wednesdays, 12-1 PM

INFO: Contact Dr. Tourjee at 781-808-3465 or [info@northshoreminds.sprucecare.com](mailto:info@northshoreminds.sprucecare.com)



**Group leader** - Dr. Stephen Tourjee, M.D. is a Harvard-trained psychiatrist whose mission is to provide excellent and compassionate mental health care to families, adults, children, and adolescents. He is passionate about the power of group psychotherapy, and is the founder and CEO of Northshore Minds, a private psychiatric practice in Wakefield, MA. He also maintains a faculty appointment at Harvard Medical School in affiliation with Mass General. More information can be found at [www.northshoreminds.com](http://www.northshoreminds.com).

