



SUPPORT & SKILLS

A group for parents of adolescents who are struggling

Do you have an adolescent who struggles with behavioral or substance use issues? **We know how hard that can be.**

This 6-week group offers skills and support to parents coping with difficult behaviors and situations. You'll learn how mindfulness can bring greater awareness to patterns that play out over and over again, as well as skills for setting healthy boundaries and addressing those patterns while keeping your own sanity. Learn how to break out of the cycle of frustration and move towards a more fulfilling relationship with your child.

Tuesdays from 5:00 - 6:30 pm | February 6 - March 13, 2018

5277 Manhattan Circle, Suite 250, Boulder, CO

Investment: \$50 per session, payable at start of each month



About the Facilitator: Becky Howie, MA, is an experienced group facilitator who has worked with addictions and behavioral issues for over 3 years, and mindfulness for over 8 years. She has a masters in counseling from Naropa University where she learned how to integrate her personal mindfulness practice into her clinical work with clients to increase the benefits of therapy.



For more info or to enroll call (720) 389-8750 or email info@simcounseling.com