

Facilitated by Julie Anderson, RP

October 2025

This 8-week support and skills group is designed to help parents and teens navigate conflict, strengthen communication, and build more supportive relationships – together. The skills learned are based on a Dialectical Behavior Therapy (DBT) approach and will assist both parents and teens with practical skills for building a healthier and less stressed life.

Start Date: Tuesday, Oct 14th at 7:30 PM (EST)

Recurrence: Weekly for 8 weeks

Cost: \$60/person per session

Who is it for?

- Parents and their teenage child (attend together)
- Ideal for families struggling with communication, conflict, or emotional disconnection

Format:

- Online (secure video platform) Weekly 1-hour sessions
- 4 family units max (1 parent + 1 teen = 1 unit)
- Practical tools and strategies provided weekly
- Handouts and materials emailed after each session

Topics Covered:

- Understanding different points of view
- Managing emotional reactivity
- Building respectful communication
- Learning to be more accepting and less stressed

What to Expect:

Before the group begins, one of our facilitators will meet briefly with each parent-teen pair to ensure fit and readiness for group participation.

Interested in joining or referring a client?

Contact us:  info@onlinetherapycentre.com  416-275-3139  www.onlinetherapycentre.com

