

Parent Support Group

Do you have a teenager with Mental Health Concerns?

This Parent Group is for you.

Lead by one of our experienced Therapist who specialises in adult and family therapy. This support group will provide a safe place to share stories & concerns as well as learn strategies around living with and or caring for a teen with Mental Health concerns.

Does your teen show signs of poor Mental Health?

They may be experiencing:

- Depression
- Anxiety
- Extreme Defiance
- Verbal Aggression
- Physical Aggression
- Self-Harm

Make a difference in your teens life.

All parents, caregivers, grandparents welcome.

45 minute supportive sessions

Cost: \$40.00 per session

Sessions will run weekly for 4 weeks

2020 & 2021 Dates Available

Register your interest today.



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