



PARENT SUPPORT GROUP

This group is designed for parents and caregivers of children with developmental and communication disorders. Parents are welcome to share their experiences, understand and explore the related emotions and reactions, build hope and future expectations and gain tools in raising children with developmental difficulties.

Group will focus (but not limited to) issues such as:

- Grief, fear and acceptance
- Individual differences
- Expectations for future
- Resources and help available in the area
- Different treatment options
- Understanding your child as an individual
- Exploring your role as a parent and caregiver
- Discipline and developmental guidance
- Ongoing mutual support in a safe and confidential environment

- Group will be facilitated by Yana Peleg, Ph.D. Licensed Clinical Psychologist
- Cost is \$100 per session per one parent, or \$120 per couple
- Location: 400 S. Monroe St. San Jose, CA 95128
- Group will meet bi-weekly.

For more information, additional group times, and to inquire about other groups available, please contact Dr. Yana Peleg at 408.431-0231 or dr.yanapeleg@gmail.com