

# Acceptance and Mindfulness Support Group for Caregivers of Children with Social and Emotional Difficulties

Raising a child with developmental differences can be overwhelming, stressful, and isolating. If you are looking for more support during the ups and downs of your unique parenting experience, we are here for you. Come connect with fellow caregivers who may be able to relate to your experience, learn ways to take care of yourself and your family, and ultimately find a deeper understanding and connection to your child.

## Session Topics:

- **Introduction: Creating Community**
- **Dealing with Disappointment and Loss**
- **Getting Savvy About Your Child's Needs**
- **Strategies to Ride the Rocky Waters and Waves of Change**
- **Connecting to your Child by Learning Their Love Language**
- **Nurturing Your Relationships with Your Spouse and Other Loved Ones**
- **Closing: Finding Joy and Hidden Gifts**

<b>Group Time &amp; Dates:</b>	<i>*To to ensure group continuity, we ask that you commit to attend all of the session dates. Let us know about extenuating circumstances.</i>
Mondays 11:30 AM-1:00 PM	<i>*Evening programs may be available; please let us know your interest.</i>
<ul style="list-style-type: none"><li>• September 19, 2016</li><li>• September 26, 2016</li><li>• October 3, 2016</li><li>• October 10, 2016</li><li>• October 17, 2016</li><li>• October 24, 2016</li><li>• November 7, 2016</li></ul>	<b>Location:</b> 61 Renato Court, Suite 18, Redwood City
	<b>Cost:</b> \$400 (\$50 per session) Checks made payable to <b>Paths to Wellness</b>

## Group Facilitators:

### **Dr. Valerie Sher, Ph.D.** ([drvaleriesher.com](http://drvaleriesher.com))

Valerie is a Licensed Psychologist (PSY23292) and the Director of Paths to Wellness, Inc. As a psychologist, supervisor, educator and workshop leader, Valerie has been working to improve the mind/body wellbeing of individual adults, couples, and adolescents since 2005. She specializes in attachment, relationships, couples, and trauma while attending to related clinical issues. She uses a mindfulness-based, acceptance focused, strengths oriented, somatic, and expressive arts approach to using life challenges to grow and learn, laugh and cry, and find new possibilities.

### **Jennifer Berry Wang, M.A.** ([jbw counseling.com](http://jbw counseling.com))

Jennifer is a Registered Marriage and Family Therapy Intern (IMF 81462) supervised in private practice by Dr. Valerie Sher, Ph.D. (PSY 23292). Jennifer has been providing therapeutic services to children, teens, adults, and families since 2009. She specializes in providing therapeutic services to children and families affected by neurodevelopmental disorders, especially those diagnosed with Autism Spectrum Disorder (ASD). Additionally, Jennifer provides individual and family counseling to children, teens, and adults experiencing a range of clinical and non-clinical issues.



## TO REGISTER:

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