



Department of Pediatric Psychiatry and Psychology: Intensive Services

## Out-Patient Multi-Family Group

**"A Group Where Families Help Other Families"**

- An opportunity for parents to hear from other parents and teens to hear from other teens.
- Where teens can hear other parent's perspectives and parents can hear other teens perspectives and thoughts.
- Psycho-education regarding families dealing with depression, anxiety, self-harm, or suicidal thoughts and its impact on the individual and the family.
- Psycho-education skills and topics: **Communication, Problem-solving, Coping Skills, Family Structure/Boundaries.**
- The opportunity to develop/discuss new ideas on managing stress, conflict, or frustrations; as well as increasing productive communication.

**Monday's: 5:30pm - 7:00pm**  
**January 12<sup>th</sup> – March 9<sup>th</sup> 2015**

**Group Facilitators:**

**Gerry Mullaney, LISW-S**

**Phone: 330-543-4395**

**Ryan Cook, LPCC-S, MFT**

**Phone: 330-543-4394**



## Session Schedule / Structure

### Multi-family Semi-Open Group

- Begins **January 12<sup>th</sup>, 2015** .
- Families will be asked to commit to minimum of 4 weeks; with option to attend the full 8 weeks.
- Families will discuss with group facilitators their desired length of attendance. Once a family discontinues the group additional families will then begin the group based on group size at the time.

### Session Structure

- 5:30pm to 6:00pm— Review of skills/topics:  
**(Communication, Problem-solving, Coping skills, Family Structure/Boundaries)**
- 6:00pm to 7:00pm— Processing of families successes and challenges of skills and other experiences.

#### Contact Information:

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#### Location:

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