



410 7th St., Suite 203
Oakland, CA 94607

Group Counseling for Parents of Adults with Developmental Disabilities

This 8-week psychotherapy group will meet weekly and focus on supporting parents as they help their child through the challenges of adulthood.

Topics will include:

- Enabling your adult child to self-advocate
- Supporting your adult child with challenging behaviors
- Navigating touchy subjects such as sex, relationships, and money
- Maintaining boundaries with your adult child while also supporting their independence.
- Navigating the Regional Center system and accessing additional supports

Conveniently
located near
DART

Facilitators:

Jennifer Weiner, MA, LMFT
Jennifer Yun, MA, MFTI
Supervised by Karen Toto, LMFT

CURRENTLY ACCEPTING NEW PARTICIPANTS!

Eligibility:

- Parents of individuals with disabilities ages 15 and up
- Groups limited to 6-8 participants

Fee: \$20 per session (must commit to full 8-week group)

Contact Alegria Community Living at 510-287-8486 or
counseling@alegriacommunityliving.org for more information.