



1440 Broadway, Suite 700  
Oakland, CA 94612

# 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  
BART!**

**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 510-287-8488 or  
[counseling@alegriacl.org](mailto:counseling@alegriacl.org) for more information.**