



Centerpoint's Support for Winooski Parents and Families



At Centerpoint, we work with many parents and caregivers who are facing their own difficulties as they try to raise their kids. We meet with parents who feel alone, at a loss, not sure where to turn or what to do.

Through our **Parent and Family Support Services**, we recognize that a teen's challenges affect the whole family. We also recognize that when parents and families struggle, the children and teens within the family may be the most affected.

And in our work with young people, we see some of the greatest success when we are able to assist and support the whole family.

Centerpoint's parent and family services come in many forms:

- **Parent Skills Training** is provided to those who are interested in learning new skills and strategies for parenting their teens. This is also helpful for parents with differing 'styles' as they work to develop a shared approach to raising their teen.
- **Parent and Family Support** helps to increase parent confidence during the difficult times and decrease the stress and anxiety experienced by many parents. Through Centerpoint's highly popular Parent Support Groups, parents experience a 'support network' that builds connections and reduces the sense of isolation felt by so many.
- Centerpoint's **Family Therapy** is a solution-oriented approach to helping whole families overcome obstacles, build new skills, address underlying issues, and take the steps toward improved family functioning and well-being.
- **Parent Information Nights and Special Programs** include speaker nights, self-care events, and special topics for community groups and parent associations.

And



- Centerpoint's **You Parent** programming is specially designed to help parents of middle-school students become best prepared for parenting through the 'high school years' - with a focus on the changing parent-child relationship, healthy roles and boundaries, and the most effective ways to monitor and support your growing teenagers

Like to learn more about Centerpoint's services for Winooski families, or any of Centerpoint's Counseling and Support Services for Winooski students?

Contact Danielle Jatlow, LICSW, Student Support Program Coordinator,
at 383-6093 or DanielleJ@CenterpointServices.org



For other services, contact Centerpoint's SAMH Admissions Coordinator Michael Hunter
by calling 488-7714 or via email at MichaelH@CenterpointServices.org

Centerpoint Adolescent Treatment Services
802-488-7711 www.CenterpointServices.org