

# MCLEAN FAMILY SERVICES

## Parent Skills for COVID-19



In these unprecedented times, families are having new challenges as they cope with life during COVID-19. McLean Family Services will be offering a new parent only group that will focus on the many challenges parents are facing in this time of uncertainty, isolation, and (in many places) chaos.

This 4-week group we will focus on DBT parent skills to help parents manage the various stressors impacting both themselves and their kids. The group will utilize a unique curriculum developed specifically to address the needs of parents, with an emphasis on coping with stress and uncertainty, problem solving, developing structure in the family and managing relationships.

Groups will be 90 minutes long and will be held weekly via video-conferencing.

**Cost:** \$95 per group, for each 4-week section.

**Date and Time:** to be determined

**For more information, please contact Dr. Cynthia Kaplan at [ckaplan@partners.org](mailto:ckaplan@partners.org)**