

PARENTS TOGETHER

Support for Parents Raising Autistic Family Members



Groups, on the third Wednesday and third Thursday evenings of each month, are for parents of young children, older children, adolescents, and young adults on the Autism Spectrum.

Parents will:

- Gain an understanding of an autism diagnosis
- Dialogue with other parents about their questions, experiences, curiosities and emotions
- Explore the emotional experience for parents
- Enhance coping skills to strengthen the family system
- Learn about relevant resources to help navigate the maze of services to support an autistic person throughout a lifetime

Contact caron@starobincounseling.com
or 1-301-417-5979 to register or for more

Caron Starobin, LCSW-C
Individual, Couples, Family Therapy
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Information and Registration

When:

- * **3rd Wednesday of the month, 7:00 - 8:30 pm** for parents of children & younger teens (ages 3-14)
- * **3rd Thursday of the month, 6:30 - 8:00 pm** for parents of older teens & young adults (ages 15-30)

Location: Virtual meeting (via Zoom)

Cost: Pay what you can (suggested \$25/session, minimum \$5/session)
Participants may receive reimbursement through their insurance.

Registration: Advanced registration is required.

Please contact Caron Starobin, LCSW-C, at caron@starobincounseling.com to receive a link to register OR Complete the *PARENTS TOGETHER* Application Form by [clicking HERE](#).

Parents Together offers parents of autistic children, adolescents, and young adults opportunities to enhance coping skills and gain insight and understanding of the emotional impact of autism on the family system. It also offers parents time and tools to develop supportive relationships and share resources and aims to strengthen the capacity of families to navigate the emotional and practical challenges of raising children and launching adolescents and young adults. The group has been going strong since Summer 2017, has both moms and dads participating, and offers a regular, real-time connection for families!

Requirements for Registration for *PARENTS TOGETHER*

1. Complete the PARENTS TOGETHER APPLICATION FORM.
2. After receiving your application form, Caron Starobin or Cathy O'Donnell, our Practice manager, will contact you and conduct a brief phone screening to register you for the group.
3. In order for this group to make a positive impact, it's important to make a commitment that allows for group cohesion to occur. Each participant registers for 3 group sessions at a time. Every 3 group sessions, participants are welcome to register again (as this is an ongoing group). It's recommended that you attend consecutive sessions in order to form group support and trust, but you can choose to attend any 3 sessions within the year.
4. Payment for 3 sessions at your pre-arranged *pay-what-you-can* rate is made to Starobin Counseling, LLC by credit card when you attend your first ***PARENTS TOGETHER*** session.
5. For questions about ***PARENTS TOGETHER***, please feel free to email Caron Starobin (caron@starobincounseling.com) or Cathy O'Donnell (cathy@starobincounseling.com) or call 301-417-5979.