



Virtual Education and Support Group for Caregivers

Tuesdays: 4:30-5:30 pm

This eight-week virtual program assists in developing complex trauma management treatment plans tailored to individual/family needs.

 **WVU**Rockefeller
NeuroscienceInstitute

DEPARTMENT OF BEHAVIORAL MEDICINE AND
PSYCHIATRY CHILD AND ADOLESCENT PSYCHIATRY

Goals:

- To support families in building healthy and safe relationships
- To increase positive experiences of families together
- To identify strengths and challenges in your family system
- To learn more about your own emotional experiences as they relate to your child(ren) and to parenting
- To help families learn how to read each other's emotional cues and communication strategies to respond in helpful ways
- To learn more about your child(ren)'s therapy and psychiatric care
- To identify and assess resources