

The Concord Center

February Newsletter

What's new at The Concord Center!



Outreach Offerings

At The Concord Center, we believe in the importance of serving our community, and that mental health resources should be widely available. In addition to our individual and group clinical services, we also provide consultation and outreach services to individuals, schools/universities, professional organizations, and other communities. Through these collaborative relationships, we apply our psychological expertise to help others navigate their challenges and promote a culture that prioritizes mental health and wellbeing.

February Outreach Events

Introducing The Concord Center Parent Workshop Series! Starting in February 2024, staff members at The Concord Center will present a series of parent guidance workshops. The first workshop will provide an overview of Supportive Parenting for Anxious Childhood Emotions (SPACE) and is geared towards parents of children aged 6 to 14 with anxiety and/or OCD related disorders. Parents will receive an overview of the treatment as well as information as to how this approach can help children manage their anxiety more effectively.

The Introduction to SPACE workshop will take place on February 28th at 12PM. This workshop will be free of charge and will occur via a virtual platform (i.e., Microsoft Teams). To register, please click on the link below. The Teams link will be emailed following registration.

Take a Break! Effective Strategies for Taking Time Off. As part of Middlesex School's Wellness Symposium, staff at The Concord Center will be presenting a workshop to both students and faculty on how to take restorative breaks. The workshop will focus on helping individuals clarify

their intention when they need to take a break from a task. Participants will walk away with new practices for breaks that allow them to feel restored, refreshed, and refocused.

Parent Workshop Registration

Parent Guidance Services

In addition to our one-time introduction to SPACE workshop, we offer the following parent guidance services:

- SPACE
- DBT Parent Skills Group
- MATCH-C
- PCIT
- DBT-C

Summer Programs

Our summer 2024 programs have been released on our website! Please take a look to see if any are the right fit for you or someone you know. Click the link below!

Summer Programs



We are currently actively recruiting for the following groups...

- Adolescent DBT Skills Group
- Multifamily DBT Skills Group
- Parent DBT Skills Group
- Advanced DBT Skills Integration Group
- Supportive Parenting for Anxious Childhood Emotions (SPACE) Group
- Adolescent Unified Protocol Group
- Program for the Education and Enrichment of Social Skills (PEERS) Group

[Access an overview of our groups here!](#)

Accelerated Outpatient Program (AOP) for anxiety disorders & OCD

This in-person program is designed for adolescents (ages 11-18, in middle and high school) with moderate to severe anxiety disorders and/or obsessive compulsive disorder who have not benefited from traditional weekly therapy or else are stepping down from more intensive levels of care (i.e., residential anxiety treatment or partial hospitalization). It is a 4+ week program for adolescents and their parents to gain the strategies needed to help adolescents more effectively participate in their daily lives.

Our AOP team is accepting new clients! Please fill out the inquiry form found on our website if you are interested for yourself or a patient.

The Concord Center, LLC

747 Main St, Ste 324, 01742, Concord

This email was sent to {{contact.EMAIL}}

[View in browser](#) | [Unsubscribe](#)

