

The Concord Center



Free Parent Workshops

Please join us for our April Parent Workshop Series Event: Validation in Relationships! Validation is a skill that helps individuals and families reduce conflict, improve understanding and perspective taking, and improve relationships. Workshop participants will learn strategies for interpersonal and self validation. This event is free of charge and will take place via a virtual platform on Wednesday April 24th, 2024 from 12pm to 1pm. To register, please click on the link below. Following registration, you will receive a link for the workshop.

[April Parent Workshop Registration](#)

Parent Guidance Services

In addition to our free parent workshops, we offer the following parent guidance services:

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

Fill out the inquiry form on our website if interested in any of these full curriculums!

Summer Programs

We are currently recruiting for our 2024 summer programming. Program offers include...

- DBT for the Transition to College
 - For incoming college students
 - Offered **twice** throughout the summer, 7 sessions each
- PEERS Social Skills Group
 - For middle & high schoolers
 - 14 teen sessions & 7 parent sessions total
 - Teen & parent participation required
- Adolescent Unified Protocol (AUP) Group
 - For teens ages 14-18
 - 13 teen sessions & 2 parent sessions total
- DBT 101
 - For teens ages 13-19
 - 5-day intensive program, 9AM-3PM
- SPACE Parent Group
 - For parents of children up to age 12 diagnosed with anxiety or OCD
 - 8 sessions total
- Therapeutic Tabletop Role Playing Group (TTRPG)
 - For middle & high schoolers
 - 8 sessions total
- Focused Summer Exposure Work
 - For older teens and adults (ages 16+)
 - 2-3 sessions per week, for a minimum of 4 weeks
 - Short-term, individual work to target anxiety and OCD
- Child CBT Group
 - For children ages 7-11
 - 8 sessions total
 - See below for more details!

If interested, please see the link below for more details.

Summer Programs 2024

New summer program added - Child CBT Group

Cognitive Behavioral Therapy (CBT) is an evidence-based treatment that focuses on the relationship between our emotions, physical sensations, thoughts, and behaviors – and how this relationship impacts our daily lives. This group uses interactive learning opportunities and activities to teach children about their emotions and how to cope with difficult thoughts, feelings, and situations. The group includes six topics: Learning about Feelings, Coping Skills, Thinking Strategies, Defenses, Control, and Gratitude and Kindness. There will also be two parent-only group sessions focused on helping parents learn more about their children’s emotional experiences and how to best support their children by using reinforcement strategies, being consistent, and communicating empathy.

This group will run June 25th through August 20th, Tuesdays from 1:30-3pm. Parent sessions TBD.



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

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