



Workshop for Parents

"Ask the Therapist"

Panel of specialists include: Kim Foskett, LCPC and Catherine McAllister, LCSW of Tri County Mental Health Services (TCMHS)

This informative panel of specialists will explain the latest evidence based therapies used to assist families and children ages 0-18. Therapies to be covered include; Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Trauma Focused Cognitive Behavioral Therapy (TFCBT), Child Parent Psychotherapy (CPP) and discussion with question and answers will follow.

**Location: Wednesday December 11, 2013 from 6:30-8:00 p.m.
At TCMHS 1155 Lisbon St. in Lewiston**

Workshops are free to parents/guardians of children with behavioral health needs.

You may register by email at lcavanaugh@crisisandcounseling.org; by telephone at 518-9546 or 1-800-264-9224, or fax this completed registration form to 207-621-6228 Attn: Carol Tiernan.

I am a Parent or Professional (please check one)

Name: _____ Telephone #: _____

Full Mailing Address:

Email Address: _____

Check here if you wish to be included on our email/ mailing list

Are you worried about your child's emotional well-being? Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. Free services available to parents & caregivers include: information and support by phone, monthly support groups, education, health & legal trainings and social opportunities. We are parents helping each other; we offer unconditional support - no blame, no shame and no judgment. We want you to know that you are not **ALONE!**

