

Surviving Tweenhood!

Together, we can do this!

A weekly support group that's ideal for parents of kids ages 10 to 13.

Mondays at 9:30am

The Counseling Place
375 Municipal Drive, Suite 236
(Mental Health & Wellness Center)
Richardson, Texas 75080



Group Facilitator: Kyleigh Johnson, M.S., LPC-Intern (Interns are NOT students!)

Topics will include:

- Understanding your kid's brain.
- How to help your kiddo learn boundaries.
- Warning signs for abusive friendships/dating relationships and what they need to have healthy relationships.
- How to strengthen your kiddo's ADULT social support system (when they won't talk to you, who are they talking to?).
- Social media – dangers & safety.
- Lingo/Trends.
- How to set limits with your kids: Kyleigh also uses the "ACT model" (It's a way of setting limits while giving the illusion of choice).
- Addiction (Can a kid be addicted to the phone?).
- Other topics you want to add to the mix.

Meetings will also include

- 30 seconds to vent without judgment
- Individualized strategizing.

For example, let's say a mom knows she needs to reduce the amount of time her son spends playing video games. He seems like he almost has an addiction to this game, so she knows the backlash could be fierce. Kyleigh can help. She will tell you, "It won't be pretty," but she can help. And the group will have your back.

Interested?

Debbie Dobbs: 469-283-0344

Kyleigh Johnson: 469-573-4359