



Bradley Hospital

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PEP Parent Therapy Group

*Do you have a child who suffers from mood problems?
Are you looking for support and practical strategies to help your child?*

The Psychoeducational Psychotherapy (PEP) Group, coordinated through Bradley Hospital, is looking to recruit parents of children ages 7 to 13 needing support with their child's mood problems.

The evidence-based PEP Group will provide parents with psychoeducation on childhood mood disorder symptoms, course of the disorder, and effective treatments. The group will also teach positive parenting strategies

for managing children's mood and behavior and will address parent-specific coping and self-care strategies.

If you are looking for social and emotional support from other parents facing similar challenges and want to learn new ways of helping your child, join the PEP Group to connect. The group is telehealth-based, meeting via Zoom once a week for eight weeks, for approximately an hour and a half.



*For more information,
please contact:*

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