JULIE CIPES, LPC, LLC

August Newsletter

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Fall Group Opportunity for Parents

Starting in October, Julie Cipes will be offering SPACE groups for parents. SPACE stands for Supportive Parenting for Anxious Childhood Experiences.

Details

- 7 weekly virtual sessions
- 1 individual parenting session
- Small group sessions with ample opportunities to share, learn and connect
- Groups begin in October
- Contact Julie for more information

What is SPACE?

SPACE is a treatment developed at Yale University designed to give parents tools to help their child(ren) overcome anxiety, Obsessive Compulsive Disorder (OCD) and other related concerns.

SPACE groups will teach parents how to increase supportive communication, decrease parental accommodation and maintain healthy boundaries.

Other News:

Julie is now offering **Comprehensive Behavioral Intervention for Tics** (**CBIT**) for Tourette Syndrome and other related disorders.

Having a difficult time managing **back-to-school anxiety**? Click the QR code below to learn ways you can manage both you and your youngster's anxiety this upcoming school year:

SCAN ME