



The one thing children
wear out faster than
shoes is parents

~
John Plomp

The fee structure is based
on an eight-week
commitment, needed to
foster safe and open
discussions.

The group will have a
maximum of eight members,
small enough to foster
comradeship, intimacy,
confidentiality, and a feeling
of safety but large enough to
stimulate the sharing of
diverse experiences.

In spite of the six thousand
manuals on child raising in the
bookstores, child raising is still
a dark continent and no one
really knows anything. You
just need a lot of love and luck
- and, of course, courage.

~
Bill Cosby
Fatherhood, 1986

Benefits of a Support Group:

- Better understand and manage the trigger points with your child
- Improve patterns of communication and create a happy and fulfilling relationship
- Develop a teaming – not controlling - relationship
- Gain perspective and differentiate your anxiety from your child's anxiety
- Understand your child's emotional and physical development

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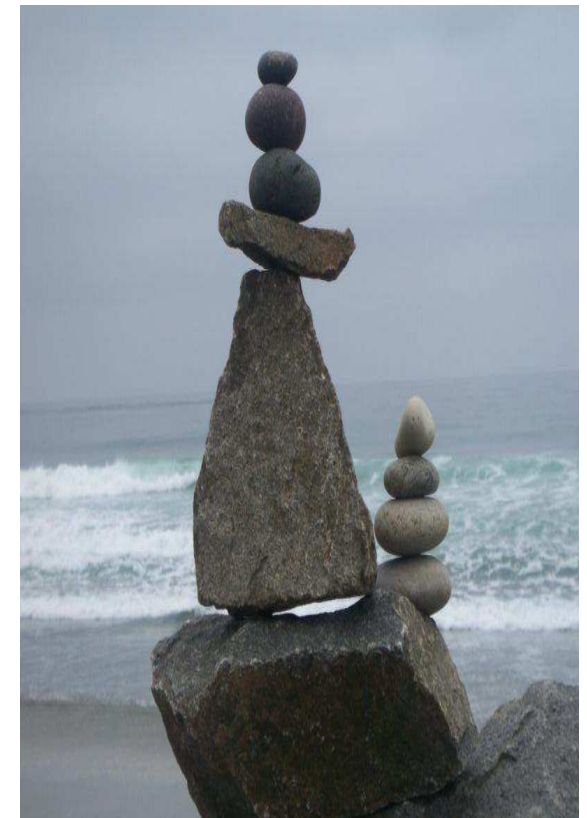
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Parenting Support Group

An eight-week group for parents
of middle and high school
children



Parenting support group for the middle and high school years.

A safe, encouraging environment where parents share their fears and frustrations, differentiate their concerns and their children's, understand their triggers, and develop new communication patterns.

This group, limited to eight, will provide invaluable opportunities for parents to both receive support and give support to other parents who face similar parenting challenges.

This group will help reduce parental stress and feelings of isolation, and increase self-awareness and competencies.



The trouble with being a parent is that by the time you are experienced, you are unemployed. ~Author Unknown

Nancy Rubbico, psychotherapist, has a private practice in Winchester and a clinical practice at Arbour Counseling in Jamaica Plain. Her practice focuses on individuals, couples, and groups dealing with depression, anxiety, bipolar, PTSD, as well as weight and parenting concerns. She helps people manage loss, stresses, addiction, and gain insight into destructive relationships and behavior.

With a strong framework for identifying unconscious repetitive patterns accompanied by the use of cognitive behavior methods, Ms. Rubbico has successfully helped patients gain clarity, feel empowered, and increase their choices in life.

Ms. Rubbico has an M.A. in psychoanalysis and a B.A. in social work. She is an accredited group leader with over 20 years' experience. She has been a frequent presenter at parenting conferences, covering topics such as "Neuro-feedback for Treatment of ADD/ADHD" and "Understanding the Phases of Sexual Development in Children." Ms. Rubbico is a member of Massachusetts Mental Health Counselors Association (MaMHCA). In addition, Ms. Rubbico has previously worked as a non-profit fundraiser and in corporate business.

