Equinox Counseling & Wellness Center
Parenting the Child with Mental, Emotional & Behavioral Health Issues

Equinox Counseling and Wellness Center is pleased to present the following complimentary parent psycho-educational training series

Equinox parenting and mental health experts, Dr. Nancy Buck, Eileen Scheibe, LMFT, and Mary Marcantonio, will help parents identify and understand the complexities of mental, emotional and behavior health issues of their child. In addition, these seminars will explore how these issues relate to neuro-developmental disorders, neuro-diversity, executive functioning, school refusal, anxiety, depression, and suicidality.

Participants will learn effective interventions, parenting responses, and how to begin to bring peace and healing into their home environment. The workshops identified below can be attended as a series, or as an individual workshop. Each of these events will be held at our office located at: 600 South Cherry Street, Suite 325, Glendale, CO 80246. For additional details or to RSVP, please email Heather Charlet or Jordan Leffel. You may also reserve your seat using the ticket link(s) below included with this invitation, or by calling us directly at 303.861.1916. Space is limited and advanced reservations are required.

Tuesday, October 29th 5:30PM to 7:30PM "Understanding and Intervening with School Refusal"

As students transition into the new school year, many experience feelings of fear, anxiety, depression, social isolation, and rejection. The intensity of these feelings can be both overwhelming and debilitating and as result lead to school refusal and social isolation. Parents and educators understanding the etiology of school refusal is important and necessary to accurately intervene and re-engage students in their academic environment.

Tuesday, November 5th 5:30PM to 7:30PM "Parent Leadership & the Family Healing Process"

Starting at birth, children satisfy their basic need for safety and security with their parents. This is true for all adolescents and young adults including those with a chronic mental, emotional, cognitive and behavioral health needs. These parents may feel overwhelmed learning that their child manages her emotions and intense feelings differently. The results can be all members of the family feeling confused, unsafe and overwhelmed.

Parents, as the leaders within the family, hold the key for the positives changes that will lead the whole family to the best and most healing outcomes. However, these necessary new skills and strategies are not inherent for most parents. Many parents are using their usual parenting tools without positive results. They then feel frustrated and discouraged because doing what they have always done is not leading to the hoped for changes or improvement for anyone in the family. For some, this can lead to feeling angry, helpless and hopeless. The focus of this seminar will introduce parents to the necessary Parent Leadership strategies and skills resulting in the Family Healing Process.

Tuesday, November 12th 5:30PM to 7:30PM "Understanding Mental Health Treatment Options for Adolescents & Young Adults with Complex Psychiatric, Neuro-Developmental, and Behavioral Health Issues"

Making treatment decisions on behalf of your adolescent, young adult and family can be overwhelming and confusing. This seminar will break down the different treatment levels of care, modalities and environments, as well as the pros and cons of each. Having an adolescent or young adult child with chronic mental, emotional, and behavioral health needs requires you to understand the continuum of care into order to make informed and accurate decisions on what is best for your child and your family.