

New Virtual Group
Now Enrolling

Susan Myket, Ph.D & Associates

A Child, Teen & Family Psychology Practice

CALLING ALL PARENTS WITH CHILDREN AGES 3-21 WHO HAVE MEDICAL NEEDS!

In the ever changing, up and down medical world, parents of children with medical needs are faced with unprecedented stressors. Parents can find help using research-supported Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) techniques through the medical lens of a Nurse Practitioner!

Goals for the Group Include:

- ❖ Gain Meaningful Connections & Social Experience
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Proactive Strategies to Cope & Receive Support
- ❖ Interact in a safe space

VIRTUALLY meeting on Wednesdays from 7-8pm.

February 7, 2024 to March 27, 2024.

Group is enrolling now, and enrollment ends 1/15/24.

Spots are limited; please contact us to enroll today!



Susan Myket Ph.D. and
Associates welcomes Pediatric
Registered Nurse Janet Mryan.

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630-355-9002 ext 1 

Sessions will be billed through insurance.
In-network benefits provided with BCBS PPO