

In Person Group  
Now Enrolling

Susan Myket, Ph.D & Associates

A Child, Teen & Family Psychology Practice

## SIBLINGS OF EXTRAORDINARY CHILDREN SUPPORT GROUP

If your child is a sibling of a child with either medical needs or another kind of disability, this group is for them. Siblings 10-17 years old will have the opportunity to learn skills and gain support, while also realizing that they are not alone! This group will utilize research-supported segments from Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third-Wave CBT approaches in order to support your child.

### 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

In Person meetings Thursdays from 6-7pm.

February 8, 2024 to April 4, 2024 .

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

Spots are limited. Please call to enroll today!



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

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630-355-9002 ext 1

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