



# THE FAMILY SUPPORT CLINIC

*An entity of GSPP Clinical Services within the Trauma and Disaster Recovery Clinic*

Helping you feel emotionally and practically supported caring for your teen or young adult who is experiencing a significant mental health condition.



## SERVICES

- 8-Session parent educational support groups
- Individual therapy
- Community resources
- In-person, telehealth, multi-language

**FREE FOR DENVER RESIDENTS**

**OVER 1 IN 5 YOUTH**

and young adults experience a serious mental health condition

**50-80% OF THEIR PARENTS**

have high caregiver distress, anxiety, and depression

## FSC'S PARENT SUPPORT GROUPS PROVIDE:

- Therapeutic support for parents facing similar challenges
- Strategies to reduce stress and improve well-being
- Ways to strengthen your relationship with your teen
- Insights to improve social support
- Information and resources

**For Denver resident parents with children ages 13-25 affected by a mental health condition**

**RESERVE YOUR SPOT IN OUR FALL & WINTER GROUPS NOW**

## GET IN TOUCH



**CALL: (303) 871-3879**



**EMAIL: JUDITH.FOX@DU.EDU**



### DR. JUDITH FOX

*Professor and Director, Family Support Clinic*

Dr. Fox has over 40 years of experience providing psychological services to children, adolescents, and their parents.



Trauma & Disaster Recovery Clinic  
UNIVERSITY OF DENVER