

Parent Support Group



This group is for parents to discuss issues and stressors related to parenting while being a student or postdoc, and some of the positive and challenging experiences this may include. Topics will include identity, balancing roles and responsibilities, creating realistic expectations, and self-care.

This group requires an [initial assessment at CAPS](#) ^[1]. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group.

Use the [group interest form](#) ^[2] with questions or to express interest in this group to the facilitator(s).

TBD

[Theme/Support](#) ^[3]

Closed

Ilana Krakauer, Ph.D.

Source URL: <https://caps.unc.edu/parent-support-group>

Links

[1] <https://caps.unc.edu/services/initial-assessments>

[2] <https://caps.unc.edu/services/group-therapy/how-join-group>

[3] <https://caps.unc.edu/group-therapy-types/themesupport>