

# Resilient Adults

## *A Group for Adult Children of Dysfunctional Families and/or Estrangement*

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**Purpose of Group Counseling:** To know that you are not alone and to learn from each other in a safe environment.

**Goal of Resilient Adults Group:** To unlearn family of origin issues to reduce anxiety, depression, and stress.

**Objectives:**

1. Increase understanding of how family dynamics and experiences shape adult decisions.
2. Identify and address unhealthy family interactions in childhood that were adopted to survive.
3. Increase awareness of how family dynamics and structures are similar, but also different.
4. Obtain validation and support among group members.
5. Assist to change and adopt a more positive and realistic perception of past family interactions and experiences.
6. Increase coping skills.
7. Improve and develop healthy relationships.
8. Increase sense of personal power to accomplish life goals.

Group meetings are bi-weekly on Saturdays from 1:30 pm-3:30 pm. If a group meeting falls on a holiday week-end or if the facilitator is out of the office, group meetings could be rescheduled for the following week(s). After each group meeting, participants will sign up for the next meeting.

The group will remain open to accepting new group members, but may eventually close once it reaches the capacity of 10 to 12 group members. Currently, **telehealth services** are provided.

**Pre-Group Assessment:** 2-3 individual counseling sessions are required to assess whether client participation in Resilient Adults Group is appropriate.

**Confidentiality:** To keep the group safe, client information needs to be kept private. Each group member must respect his or her fellow group member's privacy and keep information confidential. Limits of confidentiality are explained on the consent for services form.

**Fee:** \$60.00 per group visit (1 hr. & 30 mins.)

**Attendance:** If a group member needs to cancel, a 48 hour notice by phone is needed to avoid charges. Emergencies will be taken into consideration when assessing whether charges will be waived.

**Facilitator:** Sylvia Denise Greenbaum, LPC, LCDC

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