



Dear Parents/Legal Guardians,

We are excited to embark on this counseling journey with your child, and we believe that together, we can make a positive difference in their life. Your involvement in this process is crucial, as you are a cornerstone of your child's support system. Here's a brief overview of how you can play an active role in the counseling process:

Attending Sessions:

Your presence during counseling sessions can be immensely beneficial. Appointments may look different from one another in a sense that there may be times when you attend sessions with your child, times sessions are attended by only your child, and occasionally we may ask for you to attend a "Parent Session" without your child. These scenarios are equally valuable and serve different purposes. When you attend without your child, it provides a space for you to openly discuss concerns, gain insights, and collaborate with the counselor on effective strategies.

Implementing Techniques at Home:

The insights and strategies discussed during sessions are meant to extend beyond the counseling room. Implementing these techniques in the home environment creates a consistent and supportive space for your child's growth and development. It can be as simple as incorporating mindful breathing exercises or creating a calming routine.

Open Communication:

Your observations, concerns, and questions are valued. Maintaining open lines of communication with the counselor allows for a collaborative approach to your child's well-being. Feel free to share any progress, challenges, or changes you notice in your child's behavior or emotions.

Self-Care for Parents:

Supporting your child through counseling can be emotionally rewarding, but it can also be demanding at times. Remember to take care of yourselves, too. Self-care is not only beneficial for you but sets a positive example for your child.

Consistency is Key:

Like any process, consistency is key to seeing positive results. Regular attendance, practice of techniques, and open communication contribute to the effectiveness of counseling.

Below, please indicate the caregivers who will be involved in the treatment of your child. Those listed will be directly involved in mental health appointments. Together, we can create a positive and nurturing environment for your child's growth.

- Name: _____ Signature: _____
Relationship to client: _____ Email: _____
- Name: _____ Signature: _____
Relationship to client: _____ Email: _____
- Name: _____ Signature: _____
Relationship to client: _____ Email: _____
- Name: _____ Signature: _____
Relationship to client: _____ Email: _____

Thank you for entrusting us with your child's well-being.