



**FOR IMMEDIATE RELEASE**  
June 2008

**For more information, contact:**  
Chris Stanaszak, Psychotherapist  
The Counseling Clinic  
920-436-4360 ext. 1222  
[cstanaszak@familyservicesnew.org](mailto:cstanaszak@familyservicesnew.org)

### **ADHD Group Offers Support to Parents**

**(Green Bay, Wis.)** – The Counseling Clinic has launched an interactive four-week program designed to help parents of children with ADHD develop effective strategies for working with their child and improving the parent/child relationship.

“Many parents of children with ADHD struggle with little support and lack of understanding from family and friends,” says Chris Stanaszak, Psychotherapist and Group Facilitator. “The ADHD Parent Group is designed to help parents understand and work effectively with their child. We’ve also often seen participants connect with other parents to provide an on-going support network as they face new challenges with their child.”

The group is focused on helping parents become active participants in their child’s treatment. Participants will learn what defines ADHD as well as common myths about the disorder, discuss how ADHD is treated using best practice, discover how to take care of themselves as parents, develop strategies to work effectively with their child’s teacher, and identify their child’s strengths.

“The ultimate goal of the group is to help parents maximize their child’s potential and overcome any limitations caused by ADHD,” Stanaszak says.

The cost for the four-week series is \$125, paid in full prior to the class start date. Classes will be held at Family Services, 300 Crooks Street in Green Bay. Dates to be determined. For more information, contact Chris Stanaszak at 920-436-4360 ext. 1222 or [cstanaszak@familyservicesnew.org](mailto:cstanaszak@familyservicesnew.org).

# # #

**Media Contact:** Julie Cornette, Communications Coordinator, (920) 436-4360 ext. 1328,  
jcornette@familyservicesnew.org

**FOR THE EDITOR:**

The Counseling Clinic of Family Services provides individual, family and couples counseling; group counseling and support groups; play therapy and specialized children's therapy; specialized counseling to cope with substance abuse and/or sexual assault; and psychiatric assessment and consultation as needed. The Counseling Clinic is one of more than 30 programs offered by Family Services to support people during challenges and transitions in their lives.

**Family Services of Northeast Wisconsin, Inc.**

*www.familyservicesnew.org*