



Parent Education and Support Program (PESP)

Parenting children with anxiety disorders can present unique challenges! Our Parent Education and Support Program (PESP) is designed to increase parents' understanding of anxiety and teach them how to effectively respond to their children's anxiety in a supportive group environment.

PESP is a two part program. First, parents attend an educational workshop in which they will learn about anxiety (what it is, how it works) and practical tips for helping children manage their anxiety effectively. The second part includes participation in parent support groups where parents can ask questions and get advice and support from staff facilitators and other parents.

PESP is ideal for parents of children and teens (ages 3-17) who suspect their child has an anxiety disorder, are awaiting treatment for their child's anxiety disorder, or are currently receiving or have already completed treatment for an anxiety disorder at KCCAT or elsewhere. *Please note that PESP is not a substitute for therapy.* Rather, PESP is intended as a precursor or supplement to appropriate treatment.

Registration: Parents must register in advance for PESP events. Please call (913) 649-8820, Extension 1 for more information or to register. (Space is limited.)

Fees:

The complete one-time fee for PESP is \$175 per family new to KCCAT*. (We encourage both parents to participate in PESP, but only charge one fee.) This fee includes:

- The three-hour workshop presented by Staff Psychologist Ashley Smith, Ph.D.
- Booklet of support materials and handouts for each family.
- Six parent support group meetings led by KCCAT staff. Following workshop attendance, parents may sign up to attend up to six meetings on the available dates of their choice. (*Spaces for each date are limited to ensure adequate time and focus for each family attending the group.*)

Schedule:

The workshops will be offered on a monthly basis. The following 2009 dates are scheduled:

Saturday, October 10 from 9:00 AM – 12:00 PM

Monday, November 2 from 5:30 PM – 8:30 PM

Saturday, December 5 from 9:00 AM – 12:00 PM

Support groups will meet on Tuesday nights from 6:15 PM – 7:30 PM, with some breaks coinciding with area school calendars.

* There are special attendance and reduced fee options for families of children who have already received treatment at KCCAT. Please contact us for information if you are a current or former KCCAT patient.

KCCAT

Kansas City Center for Anxiety Treatment, P.A.