



PROMOTING HEALTHY DEVELOPMENT

In the face of Physical and/or Emotional Illness

A new Group for 2011-2012

A Group to Help Parents keep themselves And their kids on track developmentally

It is too easy to feel alone and overwhelmed in your efforts to cope and manage with the myriad of challenges facing you, your child, and siblings when a child has been diagnosed with conditions or chronic illnesses such as juvenile diabetes, rheumatoid arthritis, inflammatory bowel disease, epilepsy, cerebral palsy, ADHD, anxiety, depression, bipolar disorder and other medical, behavioral or emotional difficulties.

**WITH THE SUPPORT AND PROFESSIONAL GUIDANCE of
DRS. LAURIE LEVI 610/664-3605 FRAN MARTIN 215/782-1250**

**THIS IS THE PLACE TO TALK ABOUT FEELINGS, EXPLORE STRATEGIES, AND
TURN EVERYDAY OCCURRENCES AND POTENTIAL CRISES INTO
GROWTH PROMOTING OPPORTUNITIES FOR YOU AND YOUR CHILD.**

TOPICS INCLUDE:

- **How not to let your child's illness define their life, or yours**
- **Matching expectations to your child's developmental stage**
 - **Helping your child feel "normal" amidst it all**
 - **Discipline and setting limits**
- **Maintaining meaningful relationships with family and friends**
 - **Sibling issues**
 - **Physical and emotional pain management**
 - **Balancing your needs and your child's**
 - **Navigating the health and health insurance systems**
 - **Negotiating with the school and developing a 504 Plan**

WHEN: SUNDAY AFTERNOONS: 1 - 3PM Sept. 11; Oct. 23; Nov. 13; Dec. 4; Jan. 22; Feb. 26; Mar. 18; Apr. 22

WHERE: ROCKLAND MANSION - EAST FAIRMOUNT PARK, 3810 MT. PLEASANT DR., PHILA, PA 19121

\$20/SESSION

The mission of the Parent Child Center of PCOP, a not for profit organization, is to provide growth-promoting programs and activities for parents, children, caregivers and families in the Philadelphia area, regardless of their ability to pay.