

# *West Bergen Mental Healthcare*

120 Chestnut Street ♦ Ridgewood ♦ New Jersey ♦ 07450-2500 ♦ 201-444-3550 ♦ Fax 201-652-1613  
<http://www.westbergen.org>

## **NEWS RELEASE**

### **FOR IMMEDIATE RELEASE**

#### **WEST BERGEN ASPERGER'S RELATED SERVICES PRESENTS PARENT WORKSHOPS**

The Asperger's Services Department at West Bergen Mental Healthcare will present three workshops for parents of children on the spectrum. *Deciphering the Code: How to Help Your Child or Teen Understand His/Her Asperger's Diagnosis*, will be presented on Monday, March 17, from 7:30 to 9:00 PM. This presentation focuses on what parents can do to prepare themselves to convey to their child what it means to have Asperger's Disorder and related disabilities. The co-facilitators are West Bergen professionals who are Masters and Doctoral level clinicians. The fee is \$25.00 for one or both parents. Participation is limited and pre-registration is required.

*It's Time to Tell: How to Help Your Child or Teen Understand His/Her Asperger's Diagnosis*, is a four session interactive parent group that works with the parents as they go through the process of discussing with their child their diagnosis. The facilitators help the parents to focus on the individual's strengths and examine how having Asperger's and related disorders affects the daily life of the child and the family. Both parents are strongly urged to attend. The fee is \$200.00 for one or both parents. Dates are March 31; April 21; May 19 and June 16 (all dates are Mondays). All workshops begin at 7:30 and end at 8:45 PM.

*The Parent Forum* is an interactive workshop with a two-part focus. First, to explore the challenges of parenting individuals with Asperger's and second, to allow participants to share and process their own experiences within their families. The Forum will be run in two sections: one for parents of children 12 and under and one for parents of children age 13 and older. The 12 and under group will meet on March 10, April 28, May 12, June 23, July 21, September 22, October 20, November 17 and December 8. The group for 13 and older will meet on March 3, April 7, May 5, June 9, July 14, September 15, October 13, November 10 and December 1. The cost is \$20 per session for both parents. Space is limited and pre-registration is required.

All workshops will be held at West Bergen Counseling Group, 615 Franklin Turnpike, 2<sup>nd</sup> Floor, Ridgewood, NJ. Please contact Kelly Doyle at [kdoyle@westbergen.org](mailto:kdoyle@westbergen.org) or (201) 857-0080 to register or receive further information.

West Bergen is a non-profit organization providing a wide range of psychiatric and counseling services for all age groups with various levels of need. West Bergen is committed to meeting the psychological needs of each of its clients with sensitivity and responsive, innovative services of the highest quality. West Bergen strives to improve the quality of life in Bergen County and beyond – ***one life at a time***. For further information on West Bergen and the services it provides please call (201) 444-3550.