



## Estrangement Recovery Therapy Group

Estrangement from adult children is on the rise. It can happen suddenly or gradually. When it does happen, parents are left with deep hurt, confusion, shame, complex grief and more. This stress can negatively impact overall functioning, relationships, job performance and your mental and physical health. This group is for parents currently experiencing some phase of estrangement from their adult child/children. Our group is a safe place to process what happened with other parents who understand. We will also be sharing educational materials to continue your work after the group ends.

### **Group Schedule – all sessions take place on Saturday**

11/28/22	Ind. Assessment: Individual session with Kim Winters to assess symptoms/needs
01/07/23	Group Session 1: Introduction & Overview of the Group Process
01/14/23	Group Session 2: The Trauma of Estrangement & the Importance of Self Care
01/28/23	Group Session 3: Communication Issues, Holidays, Family News & Boundary Setting
02/04/23	Group Session 4: The Apology Letter & Other Resources to Complete Your Grief
03/04/23	Group Session 5: Sharing and Applying What We've Learned
03/11/23	Group Session 6: Moving Forward & Setting Goals for Ongoing Health and Wellness

***Sessions are from 11:30am – 1pm at our Camp Hill Office: 3001 Gettysburg Road, Camp Hill, PA 17011***

**Cost to attend: \$410 per person (hour individual session \$140 + six hour long group sessions \$45/each)**

If PHA is paneled with your insurance plan and you desire to use your insurance benefits, we will use the results of your assessment to determine whether or not your symptoms are clinically significant to warrant a diagnosis, which is necessary to meet medical necessity as a condition for PHA to submit to your insurance company. PHA cannot guarantee insurance will cover your group therapy participation as this varies based on the insurance provider. If submitting to an insurance plan is not possible, the full fee is due by December 26, 2022.

**TO APPLY:** Email group leader Kimberly Winters at [kwinters@phacentralpa.com](mailto:kwinters@phacentralpa.com) and share your interest in participating in this group. She will set up a brief zoom call with you to discuss next steps. Space is limited so apply or inquire today! Deadline for consideration in this group is November 25, 2022.



### **Group Leader**

Our group leader is Kimberly Winters who is a licensed professional counselor specializing in trauma and a person who has experience with estrangement. Kim brings her insights, humor, compassion and understanding to the group experience to create a safe environment where parents can heal.

**Questions?** Email Group Leader Kim Winters at [kwinters@phacentralpa.com](mailto:kwinters@phacentralpa.com) or call our office at 717-665-2675.