



## Family Matters Group

Parenting Group Hosted by Julie Sanders

**Please join Julie Sanders, LICSW, for a skills-based approach to parenting, built on mindfulness, curiosity, love, boundaries, and consequences.**

**WHEN: 8-week series starting on Wednesday, February**

**28 from 5:15-6:15 pm – April 17, 2024**

**WHERE: ZOOM from the privacy of your home**

**WHO: Parents, Step-parents, Guardians of all ages!**

**OFFERED BY: Julie Sanders, LICSW, mom and step mom.**

**COST: \$35 per week or save \$ and pay \$260 up front.**



**SCAN ME**



### Who is Julie Sanders:

**Julie C. Sanders, LICSW is a Licensed Independent Clinical Social Worker with over 25 years experience providing individual and group therapy to adults with a variety of mental health and addiction issues. Julie graduated from the University of Missouri- Kansas City with a Bachelor's Degree in Music Therapy/Music Education and after practicing as a music therapist for a few years she obtained her Master of Social Work degree at Rhode Island College. She is licensed in Massachusetts and Rhode Island and will be accepting the following insurances for in person and telehealth visits: Blue Cross, Tufts, United Health Care, Harvard Pilgrim, Medicare and Medicaid. Private pay will also be accepted.**

**Ms. Sanders is excited to be offering individual and group counseling to adults with mental health concerns but is specializing in treating those with Type 1 Diabetes and other chronic health issues. Ms. Sanders will also be offering training and consultation to other mental health providers for this unique population. Julie is trained in DBT (Dialectical Behavior Therapy) and has provided training to others in Mindfulness, DBT, Harm Reduction, and Suicide/Risk Management.**

