

YOUR COMMUNITY

PARENTING RESOURCE



**It isn't easy being a
parent ... *but we make it
easy to get help.***

We don't have to tell you parenting is hard work. It's a job in which you never stop learning and growing. But it's also the most important - and rewarding - role you'll ever hold.

In service of our mission, we believe in supporting you as parents and guardians by helping to provide the education and tools necessary to succeed as you navigate the many ages and stages of your children. To do this, our Master's level counselors facilitate a variety of programs tailored to the needs today's parents.

ABOUT US

As part of the local community for nearly 50 years, we provide counseling services to support the mental health needs of youth & their families in the South Hills of Pittsburgh. Our focus is on **empowerment**, **prevention**, **education** and **early intervention**.

Located in the business district of Mt. Lebanon, we make it simple to schedule an appointment. There is no waiting list and you will be matched with one of our counselors who has expertise in your specific need(s).

Outreach
TEEN & FAMILY SERVICES, INC.

COUNSELING

CARE

CONNECTION

FREE RESOURCES



Parenting Discussion Series

We host informative talks throughout the year in and around the community on a number of issues facing today's parents. Past presentations have covered topics including:

- Increasing confidence
- Improving communication
- Drug & alcohol use
- Homework & other battles
- Children & technology

Go to <https://outreachteen.org/events-calendar/> to view up-to-date program information.



Parenting Consultations

One-time only

From time to time, every parent feels stuck and could use a fresh perspective in their current parenting struggle(s), anything from their children's problems at school, sibling rivalry, lack of communication, adjustment to divorce and more.

During your consultation, you will meet with a counselor to understand the issue(s) you are facing and work together to develop a written plan you can implement in your home. Counselors will follow-up each consultation with a check-in phone call to see how the plan is working and refer additional services, if necessary. Appointment are made to fit your schedule.

Consultations can be helpful when:

- Your tried-and-true tactics are just not doing the trick anymore.
- Your child is going through a new phase/stage of development.
- You are experiencing a totally new issue and are unsure how to approach the problem.

COUNSELING SERVICES



Parent/Family Counseling

\$75/session

Parents and guardians of youth and young adults (ages 5-21) are welcome to schedule a session with one of our counselors to talk more in-depth about an issue they're facing with their child(ren.)

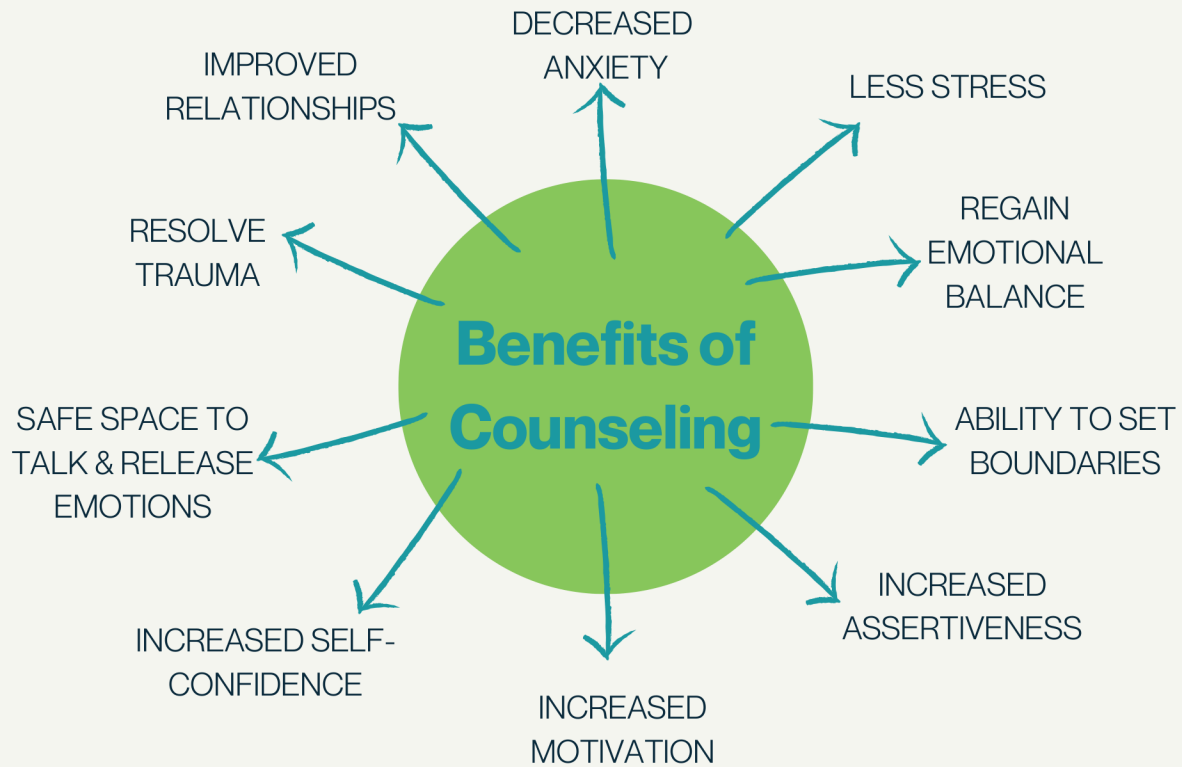
Common issues parents come to us about include:

- House rules
- Communication
- Household structure
- How to support a family member who is dealing with a mental health problem or addiction

NOTE: Some issues affect the whole family and a counselor may determine it's most beneficial to see all family members together.



To schedule a counseling session, complete the [Intake Inquiry Form](#) on our website OR call our offices (412-561-5405) to speak to Kaitlyn Campbell, LCSW, Clinical Director.



Share in our vision to help every child, teen & family to thrive.

Outreach's Supporter Program creates a community of like-minded individuals who are dedicated to working together to proactively protect the mental health & wellness of themselves and the children in their lives.

Parents, guardians, teachers, coaches, counselors, business owners and more come together to share with and learn from each other's experiences and perspectives.

Together, we can achieve our mission to provide parents & guardians with the education and tools needed to navigate the many ages & stages of our children.

SUPPORTER PROGRAM



Membership

When you choose to become a Supporter, you also become a valued partner with Outreach, sharing in our commitment to spread mental health & awareness among youth and their families in the communities we serve in the South Hills of Pittsburgh.

There are two options for membership - Active Supporter and Sustaining Support (see next page for more details).