

# Adolescent Services & Parent Education at The Center for Recovering Families



## Services to Meet Your Concerns

- Your child engaging in underage alcohol use.
- Your child using marijuana, vaping, other illegal drugs and/or some else's prescription medications
- College high-risk behavior pressures.
- Impulsivity or low empathy.
- Technology overuse, abuse or addiction.
- Pro-drug attitudes.
- Sexting or sexual acting out.
- Compulsive use of pornography.
- Self-esteem or self-worth problems.



To schedule a youth assessment or parent consultation, please contact: 713.914.0556

## Service Descriptions

**Mindful Choices** - A high-risk behavior course that is evidenced-based, research driven and facilitated by clinicians who know and understand adolescent behavior. Participants learn how high-risk behavior affects their growing brain, refusal skills, anger and peer pressure management, stress reduction, and family communication skills within a fun, interactive environment.

**Parent Group** - This therapeutic support group is designed for parents of teens and young adults who struggle with substance use and behavioral issues. Participants learn techniques to prevent or stop high-risk behavior and behavior modification skills.

**Adolescent Psychotherapy Group** - This group offers a more experiential and intensive processing experience for teens and young adults who struggle with high-risk behavior, co-occurring mental health issues, and/or behavior problems. Participants work on increasing social skills, self-esteem, and impulse control in a safe environment.

**Parent Coaching** - Designed for parents of adolescents and young adults who are struggling with any type of high-risk behavior. These sessions offer personalized coaching from a master's or doctorate level therapist regarding referrals or family contracts that create lasting behavioral change.

**Individual, Family or Couples Counseling** - During individual therapy, the teen learns why they began using substances, what triggers their use, and new coping skills to deal with high-risk situations. Family therapy will empower all members to have an assertive voice, and learn validation and behavior modification strategies to shape attitudes and behaviors.

You know a teen  
who needs us.



713.942.4100  
[www.councilonrecovery.org](http://www.councilonrecovery.org)



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