COUNSELING & PSYCHIATRIC SERVICES



INDIVIDUAL THERAPY



COUPLES & FAMILY THERAPY



CO-PARENTING COUNSELING



PSYCHIATRIC SERVICES



PSYCHOLOGICAL TESTING



REUNIFICATION THERAPY

TREATMENT FOR:

ADHD, Anger, Anxiety Disorders, Autism Spectrum Disorders, Bipolar Disorders, Borderline Personality Disorder, Communication Issues, Conflict Resolution, cPTSD, Depression, Dermatillomania, Dissociative Disorders, Divorce, Eating Disorders, Grief, Life Transitions, OCD, Panic Disorder, Personality Disorders, PTSD, Seasonal Affective Disorder, Self-Harm, Social Anxiety Disorder, Sexual Dysfunction, Stress, Trauma, Trichotillomania.

ABOUT US

Counseling and Wellness Center of Pittsburgh, a well-established, woman-owned private practice with multiple locations throughout Greater Pittsburgh, offers Child, Teen & Adult Therapy, Couples & Family Therapy, Co-Parenting Counseling, Reunification Therapy, Psychiatric Services, Medication Management, Psychological Testing, and Wellness Solutions for your mental well-being.

We are pleased to offer a Virtual Positive Co-Parenting Counseling Group, designed specifically for **court-ordered parenting classes.**

Join us to gain strategies, insights, and connections that empower you and your co-parent, fostering enhanced family harmony.



COUNSELING & PSYCHIATRIC SERVICES

Pittsburgh
Greensburg
South Hills
Cranberry
Monroeville
Wexford

CounselingWellnessPGH
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VIRTUAL POSITIVE CO-PARENTING COUNSELING GROUP

Counseling & Wellness CENTER OF PITTSBURGH

412-856-WELL

CounselingWellnessPGH.com

COURT-ORDERED PARENTING CLASSES

Are you looking for parenting classes to fulfill a court order? Our comprehensive **8-week Virtual Positive Co-Parenting Counseling Group** offers specialized online group therapy aimed at enhancing the co-parenting relationship and is designed to meet legal requirements for court-ordered parenting classes.

Our Licensed Therapists are experts in co-parenting dynamics and will work with you and your co-parent to address conflicts, develop effective communication strategies, and create a healthier and more cooperative co-parenting dynamic that benefits your child's well-being.

GROUP BENEFITS:

Master Effective Communication: Express concerns, needs, and emotions constructively. Boost active listening and empathy for a deeper understanding of your co-parent.

Conflict Resolution: Develop strategies for respectful resolution and cooperation. Gain tools to navigate challenges and find mutually beneficial solutions.

Parenting Consistency: Collaborate on consistent positive parenting rules and approaches. Create a cohesive plan promoting stability and supporting your children's mental well-being.

Emotional Support: Explore strategies to manage stress, address any lingering emotional challenges, and promote self-care.

Co-Parenting Skills: Learn effective problem-solving techniques, boundary setting, and collaborative decision-making.

Child-Centered Focus: Learn how to prioritize your child's needs and provide a nurturing and supportive environment that fosters their healthy development.



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FULFILLS COURT REQUIREMENTS

This specialized virtual group therapy fulfills any court-ordered parenting class requirements. **You will get a certificate of completion that will be signed by a licensed therapist.** This will fulfill your court requirements.

WE ACCEPT INSURANCE

We are proud to accept Aetna, Cigna, Highmark Blue Cross Blue Shield, United Healthcare, and UPMC, in addition to offering self-pay options. This allows us to provide flexible, accessible care tailored to your needs, making it easier for you to prioritize your mental well-being.

INTERESTED IN JOINING?

Although this group primarily serves co-parents seeking court-ordered parenting classes, we welcome other co-parents seeking additional support to join us.

Please email info@counselingwellnesspgh.com or call 412-322-2129 ext. 3 if you are interested in joining the Virtual Positive Co-Parenting Counseling Group.

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