

# INDIVIDUAL THERAPY FOR PARENTS AND CAREGIVERS

Individual Therapy for Parents supports caregivers in building personalized tools to manage stress, regulate emotions, and navigate the challenges of parenting. Therapy offers space to explore how a caregiver's own experiences may influence their relationship with their child, while also strengthening connection, communication, and consistency in parenting. In addition to parenting concerns, therapy also addresses issues such as anxiety, depression, trauma, grief, and other life stressors that impact overall well-being.



## TO CONNECT WITH A THERAPIST



Contact Us

**804-257-7226 extension 122**



**[bbedinger@grscan.com](mailto:bbedinger@grscan.com)**



We accept most insurance plans. Sliding scale options are available for individuals who are uninsured or underinsured, ensuring access to services regardless of ability to pay.

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