

CF Exhale: for Teens

Parent Info Sheet

Q :What can I expect from this group for my teen?

A: CF Exhale: for Teens is a counseling group that meets weekly for 12 weeks to address needs of people living with CF, and to create a safe space to connect and share experiences.

- Meet weekly online for 1 hour
- HIPAA compliant technology
- Facilitated by Gillian Mocek, a supervised MSW student

Q: What will be discussed?

A: We will cover topics such as isolation, CF and mental health, daily stressors, joys and challenges that come with having CF, and more!

Q: What is my role as a parent?

A: You can support your teen in a number of ways! Opening up conversation about their CF experiences, transitioning of care and CF responsibilities, and checking out our CF Exhale group for caregivers. We encourage parents to talk to their teen about their experience and support the safe space for everyone.

Q: Can I bring my pet to group?

A: Yes, please do! :)

Q: What's in it for my teen to join these groups?

A: A safe space to share their experiences with CF, a sense of community,

Q: What's the time commitment? Can I drop out at any time?

A: Groups meet for 12 weeks at a time. As space is limited in each group, we ask that you commit to attending 9/12 groups.

Q: What times do the groups meet?

A: Teen groups meet on Mondays at 8pm or Thursdays at 7pm. Pick a group that works best for you!

Q: Can my teen flip-flop between groups?

A: We prefer to keep all participants in the same group. However, we can discuss a group change if necessary.

Q: Can parents participate in the Teen Exhale groups?

A: For community building reasons, we ask that the teen groups remain teens only, but we welcome parents to join our caregiver group, which meets on Wednesdays at 12:30 or Thursdays at 8pm

Q: What tools do I need for this group?

A: A connection to wifi and an open heart!

Q: What if my teen doesn't have Wifi?

A: Places like libraries, Starbucks, McDonalds, etc. are perfect for this! Don't forget to bring headphones, though!

Q: How much does it cost?

A: Groups meet at no cost! Yay for free things! :)

Still have questions? Contact Gillian @ attainhealth.today

