

SPACE-FAILURE TO LAUNCH*

A Program for Parents of Highly Dependent Adult Children

SUPPORTING PARENTS. ENCOURAGING INDEPENDENCE. CREATING CHANGE



IS SPACE-FTL RIGHT FOR YOUR FAMILY?

Is your adult child 18 years or older and:

- Not consistently working or attending school?
- Relying heavily on family support?
- Avoiding adult responsibilities?
- Living at home with limited progress toward independence?
- Struggling with anxiety, avoidance or low motivation?

PROGRAM STRUCTURE

- 8 Bi-weekly parent group sessions
- 8 Bi-weekly one-on-one parent sessions
- Personalized implementation planning
- Ongoing coaching and support

This program is designed for parents; individual treatment for your adult child may be recommended but is not required.

WHAT PARENTS WILL LEARN

By the end of the program, parents learn how to:

- Reduce accommodations that maintain dependence
- Communicate expectations clearly and effectively
- Encourage responsibility and autonomy
- Respond effectively to resistance, avoidance, and conflict
- Increase confidence in parenting decisions
- Support meaningful progress toward work, school and independent living

For program dates, fees and registration information:



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