



Reclaim

Recovery & Healing Center

FREE Parent Support Group

Supporting Teens. Empowering Parents.



You Don't Have to Navigate Parenting Alone

Parenting a teenager can be one of life's most rewarding—and most challenging—experiences. As teens grow, they naturally seek greater independence, but when mental health challenges, emotional distress, or family conflict become part of the picture, it can feel like the connection you've worked so hard to build is slipping away.

You may find yourself wondering how to communicate without conflict, support your teen without pushing them away, or reconnect when it feels like you're speaking different languages.

Our FREE Parent Support Group is designed to help parents better understand their teens while strengthening communication, rebuilding connection, and developing practical tools to navigate adolescence with greater confidence and compassion.

Through psychoeducation, guided discussion, and support from experienced behavioral health professionals, you'll gain insight into adolescent development, learn effective parenting strategies, and connect with other parents who understand the challenges you're facing.



Our Approach

At Reclaim Recovery and Healing Center, we believe parents are an essential part of the healing process. Our group combines psychoeducation, open discussion, and collaborative problem-solving in a compassionate, judgment-free environment where parents can feel supported, understood, and empowered.



What You'll Gain

- ◆ A safe, supportive space to share experiences and ask questions
- ◆ Psychoeducation on adolescent development and mental health
- ◆ Practical parenting strategies rooted in evidence-based care
- ◆ Better understanding of anxiety, depression, trauma, and emotional regulation
- ◆ Tools to improve communication and strengthen family relationships
- ◆ Guidance on healthy boundaries and effective parenting approaches
- ◆ Support from experienced, compassionate behavioral health professionals



Meeting Information

FREE • First Thursday of Every Month
Virtual & In-Person

—> Contact Us <—



Reclaim Recovery and Healing Center
434 N 1st Ave
Arcadia, CA 91006



Phone: (626) 317-5012



Email: info@reclaimhealingcenter.com



A Higher Level of Care. A Deeper Path to Healing.

Founded and led by experienced behavioral health professionals, at Reclaim Recovery and Healing Center, we understand that healing is rarely a straight path. Many of the individuals and families we serve have already taken important steps toward recovery through weekly therapy, medication, or their own efforts - but continue to struggle with symptoms that interfere with everyday life.

Seeking a higher level of care isn't a step backward. It's often the next step forward. Our Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs provide the structure, support, and clinical expertise needed to help individuals move beyond surviving and begin reclaiming their lives.



Our Philosophy

We believe every symptom has a story. Rather than focusing solely on symptom reduction, we work to understand the experiences, relationships, and patterns that contribute to emotional distress.

Diving into your strengths and empowering you to reach the potential you deserve. Through genuine collaboration, compassionate care, psychiatric support, and evidence-based treatment, we help clients build resilience, strengthen relationships, and create meaningful, lasting change.



Our Programs

- Adult Partial Hospitalization Program (PHP)
- Adult Intensive Outpatient Program (IOP)
- Adolescent Intensive Outpatient Program (Ages 13-17)



Our Services

- Individual Therapy
- Process & Skills Groups
- Family Therapy & Collaboration
- Psychiatric Evaluation & Medication Management
- Case Management
- Psychoeducation
- Mindfulness & Wellness
- Discharge & Aftercare Planning



Treatment Modalities

Trauma-Informed Care • Culturally responsive

Evidence-Based Modalities:

CBT • TF-CBT • DBT • ACT • ERP

Attachment and other modalities



Program Schedule

Adolescent IOP (Ages 13-17)

Monday-Friday | 4:00 PM-7:00 PM | Virtual & In-Person

Adult PHP

Monday-Friday | 9:00AM-3:30PM | Virtual & in-person

Adult IOP

Monday-Friday | 9:00AM-12:00PM | Virtual & in-person

Monday-Friday | 12:30PM-3:30PM | Virtual & in-person

Adult Evening IOP

Monday-Friday | 4:00PM-7:00PM | Virtual Only

CONTACT US



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