

STAR-Center provides a monthly parent psychoeducational group, "Parents are Partners" to teach parents about the symptoms, causes and treatments of depression. Additionally, STAR-Center offers bereavement support groups for adults that have lost a loved one or family member to a completed suicide.

Parents are Partners

- Parents learn about the causes, expectable course, and treatments for depression.
- Depression is discussed as an illness that occurs, not a condition that is "someone's fault."
- Parents also will discuss, with a trained professional to what extent usual expectations at home and at school should be adjusted in light of their child's depression.

Survivors of Suicide (SOS/Bereavement Groups)

- The purpose of the group is to give survivors an opportunity, in a safe environment, to voice the many painful feelings that suicide leaves in its wake.
- A professionally-led support group to help members cope with the death of a loved one from suicide.
- Survivors share their experiences with other survivors who are in different stages of grief, and learn from each other.
- Open to anyone over 18 years of age, and with any type of relationship to the deceased.
- The group meets in an 8-week session. A new group begins each fall, winter, and spring.
- There is a monthly group for those who have participated in the weekly group.

For more information on these services, please contact Services for Teens At Risk, at 412-246-5619.