

Parents of Teens Resource Group

Find support if you're...

- Dealing with conflict around phones, social media, or screen time.
- Looking for practical tools and a community of parents who understand.
- Unsure how to connect with your teen.

Wednesdays
Starting in September
9:00–10:00 AM
In-person in Pasadena
\$75/session

As both a therapist and parent of young adults with deep roots in the Pasadena community, I understand the unique challenges families face.



Interested? Reach out for more info!
Can't make it now? Get on the waitlist.

Lauren Albrecht MA, AMFT #135201

laurenalbrechttherapy.com

Supervised by Terese Forster LMFT #53069

laurenalbrechtamft@gmail.com | 626-344-7381

In this group, we will:

Gain perspective

Understand what's typical in adolescence—and what may need more attention.

Get unstuck

Talk through a parenting challenge you're facing right now and consider new approaches.

Learn from other parents

Hear how other families are navigating the same challenges, without judgment.

Build your parenting confidence

Feel more grounded when your teen pushes back, shuts down, or tests limits.

Stay connected

Find ways to maintain your relationship as your teen becomes more independent.



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