

Parent Support Groups

All groups meet weekly from July 13 - September 4, 2020

Groups are open until filled, join at any time!

Medical Assistance insurance covers group therapy, out of pocket fee for private insurance.

When Your Patience has Run Out!

Support for Stressed Parents: Tuesdays from 7 - 8 pm

An experienced family therapist will share simple ways for parents to respond to kids and each other instead of reacting with frustration. Decrease stress and increase connection!

When Parenting Hurts

Group Therapy for Parents in Crisis: Mondays from 7 - 8 pm

Adults who experienced toxic stress in their own childhoods may often feel emotional pain when parenting. Learn practical skills to increase positive connections with yourself and your family and change unhelpful ways of communicating.

Our Intake Process

All potential group therapy participants must go through our intake process to become an Upper Bay client. Once a client, you can access individual and group therapy, psychiatric consultation, medication management and other mental health services. Please call 410-996-3450 to arrange an intake appointment. Please have your insurance card and social security number when you call.



Telehealth with Zoom! UBCSS provides HIPAA compliant, secure video conferencing through Zoom. You need a stable internet connection and a smart phone, tablet or computer. Simply download Zoom on your device and click on the link in the invite from your therapist.

