

# PARENTS OF GIFTED YOUTH

A safe, confidential and non-judgmental space where parents come together to share experiences and find genuine support.

## A GROUP JUST FOR YOU

Gifted and twice-exceptional children don't always fall into the typical categories our society has created, resulting in unique and specific challenges for parents. Due to these beautiful complexities, parents of 2e kids too often feel isolated and insufficient. You deserve support, strategies, and community.

This will be a place for parents to express daily challenges, successes, hopes and fears. Through mutual care and understanding, parents can feel more ready to take on the difficult and rewarding tasks of parenting a Gifted/Twice-Exceptional individual. By attending this group, you will receive parenting support, skills, and connection with other parents. We will explore what it really means to be gifted, including social and emotional characteristics and how to meet your child's needs for love and safety. Our goal will be to create a deeper sense of connection, compassion and confidence as parents.



**Gina Garcia**  
LMFT #118691



**Amanda Ramos**  
AMFT #127844

Gina Garcia and Amanda Ramos will facilitate these meetings and be your guides along the way. Gina Garcia is a Licensed Marriage and Family Therapist specializing in working with gifted and 2e tweens, teens and parents. Amanda Ramos is an Associate Marriage and Family Therapist, supervised by Gina, specializing in working with gifted and 2e children and youth.



*A Guiding Light for Gifted Individuals & Their Families*



## JOIN US

Fridays 10-11:30 AM

### Register

[Keith@BeaconWellnessTeam.com](mailto:Keith@BeaconWellnessTeam.com)

### Location

Virtual Meeting Space

## GROUP TOPICS INCLUDE

- Understanding giftedness and twice-exceptionality.
- Hopes and Fears of parents of 2e individuals.
- Unique Challenges in raising Gifted children and teens.
- Supporting parent's own emotions through self-care and emotional regulation.
- Sitting with and supporting the emotions of each parent.
- Creating supportive and encouraging community of parents.