



Rise and Shine Therapy Services

New Groups Starting Soon

Parenting Unlocked: A supportive group to help parents explore their unique parenting style, gain insights into child development, and create meaningful connections that strengthens the parent-child bond.

Facilitated by Dolly Mandrelle, MSW, LCSW

Social Stars: A fun, engaging group where kids learn to shine with confidence, create a framework for friendship, and master essential social skills. For children ages 6-11 (divided into two separate groups, ages 6-8 and 9-11).

Facilitated by Matthew Ford, M.S.Ed, Pre-Licensed Professional Counselor

Rising Above: A safe space for teens to express themselves, connect with peers, and discover their inner strength. This group builds emotional resiliency; helping teens navigate life's challenges more confidently. Open to adolescents ages 13-18.

Facilitated by Alison L. Andrews, MSW, LCSW

In addition to our skill-building groups, Rise and Shine Therapy is accepting new clients for individual sessions

For more information and to register, please contact Rise and Shine Therapy Services at 630-596-3688 or email info@riseandshinetherapy.org

