

**Lunch-Time Parenting Group**

Our weekly lunch-time group will offer a supportive environment where parents can learn parenting skills and gain a better understanding of children. Participants will have the opportunity to meet with other parents and discuss both the rewards and the challenges that come with being a parent. This group will focus on teaching tools to improve overall well-being and family relationships.

Topics covered in the Parenting Group include:

* Understanding your child
* Discipline and Limit Setting
* Communication Skills
* Homework and Educational Issues
* Problem Solving & Coping Skills
* Behavior Modification
* Navigating Sibling and Peer Conflict
* Teaching Children Social Skills

**Parents are being screened NOW to join the group beginning Fall 2016!**

For more information or to schedule a screening, please contact:
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