



Parenting Groups

Skill-Building Weekly Therapy Groups for Soon-to-be-Moms and Parents

institute for *girls'* development[®]

Materni-TEA

First Thursday of the month 10:30 - 11:30am
Soon-to-be moms & new moms

Motherhood Journey

Thursdays 10:30 - 11:30am
Soon-to-be-moms & new moms

Mindful Parenting & Peaceful Me™

Thursdays 5 - 6pm /
Girls Ages 5 - 8 + their Parents

Wise Mind Parenting

Fridays 12 - 1pm / Parents of Teens & Adults

Learn, laugh and benefit from the support of other new parents in our FREE monthly tea. Led by compassionate therapists who already believe in your ability to parent lovingly and wisely.

Unique support and resources to assist women starting and growing a family - including how to overcome parenting struggles related to changes in mood or anxiety during and after pregnancy.

Two concurrent groups for parents and girls - Parents benefit from discussion and camaraderie while crafts, games, mindfulness, and movement are used to build coping and emotional regulation skills for the girls.

Learn to communicate effectively with your teen, navigate your own emotions, build understanding, and ultimately create a better relationship.

If your daughter is part of our **DBT program**, you may participate in a weekly group, and you'll have access to parent coaching.

Parents learn to help guide behaviors in a positive way while improving relationships. Girls gain skills around emotional regulation, interpersonal effectiveness and distress tolerance. Offered with girls' individual therapy.

Call 626-585-8075 ext. 108 learn more.