



WISE MIND PARENTING™

institute for *girls'* development®

Weekly Therapy Group For Parents of Teens and Young Adults

Fridays, 12PM-1PM
Feb. 1 - May 10

Led by Danielle Neddo, PsyD (PSY29486)
and Mary Schultz, MA, LMFT (LMFT110506)

Parenting your child through the teen and young adult years is tough!

Want to build a better relationship with your teen or young adult?

Hoping to help them navigate their emotions - while also navigating your own?

Would you like to strengthen communication and learn tools for helping your youth successfully move toward adulthood with both independence and connection?

Join a supportive space where parents learn to communicate effectively with their teens, navigate their own emotions, build understanding, and ultimately create a better relationship.

We bring together skills from Dialectical Behavior Therapy (DBT), Mindfulness, and Interpersonal Neurobiology (understanding the adolescent brain and relationships for teens).

For more information please contact us at 626-585-8075, ext. 108.

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Melissa J. Johnson PhD (PSY 13102)