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-Virtual Parenting Group Series: Support, Solutions, and Skills-

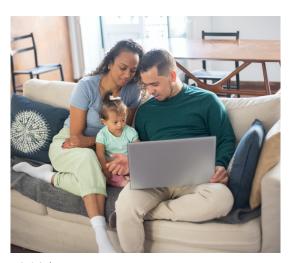
A FOUR-WEEK LIVE ONLINE SERIES TO LEARN EFFECTIVE AND POSITIVE TOOLS TO NAVIGATE PARENTING CHALLENGES

4 session series* meets live via Zoom Thursdays at Noon-1:00pm Starting Thursday, May 12, 2022

Feel free to grab lunch and join us!

* We ask for a commitment to attend 4 sessions for the most benefit to each parent and the group.

This group welcomes parents and caregivers of **all aged children and adolescents** to obtain support, connection with other parents, and effective solutions to help your family thrive and build resiliency.



Our co-facilitators will focus on the following:

- Improve and increase effective and meaningful communication with your child/teen.
- Developing self-reflective problem-solving skills to decrease frustration.
- Learning methods to help you and your child/teen manage hard emotions.
- Understand the impact of stress, related to the health pandemic, on families.
- Setting effective limits with empathy.
- Nurturing family goals and hopes.

SIGN UP TODAY! >> \$40

Email/return registration to: Isabel Esquivel at iesquivel@tmcc.org or call 310-271-9999, ext. 221

Name:		
Mailing Address:		
City:	State:	Zip Code:
Charge my: American Express Visc	n ○ Mastercard ○ Discover	
Card #:	Exp: C	CSC: Billing Zip:
Signature:		
Please list age(s) of your children:		