

UnityPoint Health-St. Luke's Hospital

PARENT EDUCATION AND SUPPORT GROUP

Do you feel overwhelmed by parenthood at times?

Do you struggle with knowing how to effectively
motivate/consequence your child?

Do you want the support of other parents?

**This group is free and confidential.
All are welcome to attend.**

This group is intended for parents, who are facing mental health and / or
behavioral struggles and challenges with their children,
or who simply want to be proactive and informed.

An informal educational topic will be followed by group discussion.

*Registration is not required but is recommended.
Childcare can be provided with advance notice.*

WHEN: EVERY TUESDAY EVENING

TIME: 6:00PM-7:30PM

WHERE: CHILDREN'S SPECIALTY SERVICES

4050 RIVER RIDGE DR NE

CEDAR RAPIDS, IOWA 52402

CONTACT: 319-369-8261



UnityPoint Health
St. Luke's Hospital

GROUPS ARE FACILITATED BY A THERAPIST