

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