

Experiential Parenting Class

Integrating an experience of increased calmness for the parent with an increased confidence in their ability to parent their child.

This class will:

- Increase the parent's calmness
- Increase the parent's capacity to regulate
- Increase the parent's ability to meet the needs of the child
- Help the parent increase the child's ability to stay regulated
- Help the parent increase the child's ability to use words, not behaviors, to get their needs met

When: Thursdays at 9:30am – 11:00am

Jan 16, 23, 30

Feb 6, 13, 20, 27

Mar 5

Each session will include mindfulness practice, light yoga, and practice of parenting techniques inspired by Dan Hughes, PhD.

Parents will leave each class feeling calmer, more grounded, and more confident in their ability to help their children.

Cost: \$50 per class private pay

- We will bill Medicaid, Select Health, DMBA, Blue Cross, PEHP, and EMI. You will be charged your copay for the class.

Class Space is limited.

Please contact Kim or Brittan to register for the group.