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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  
Fridays at 12:00pm-1:00pm  
Starting Friday, January 27, 2023**

**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](mailto:iesquivel@tmcc.org) or call 310-271-9999, ext. 221

Name:

Email Address:

Mailing Address:

City:  State:  Zip Code:

Charge my:  American Express  Visa  Mastercard  Discover

Card #:  Exp:  CSC:  Billing Zip:

Signature:

Please list age(s) of your children:

*The group is limited to 6 parents per series. If the limit is reached, interested parents will be prioritized for the following series. For more information, please call our Child & Family Program information line at 310-271-9999, #3.*