

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 discipline 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.

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

**WHEN: EVERY WEDNESDAY EVENING
TIME: 6:30PM – 8:00PM
WHERE: KIRKWOOD RESOURCE CENTER
SECOND FLOOR, SUITE 2000
1030 FIFTH AVENUE SE
CEDAR RAPIDS, IOWA 52403**

FACILITATED BY:
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GROUPS ARE FACILITATED BY A THERAPIST AND SOCIAL WORKER