

Telehealth Parent Support Group

Offered to Parents during COVID-19 Stay at Home Ordinance

You may benefit from this group if:

- ◆ You and your family are grappling with the new “normal” of being at home with your child
- ◆ You are becoming overwhelmed and frustrated with your child’s behaviors
- ◆ It feels challenging to find time to connect with your partner, family and friends
- ◆ You are looking to connect with other parents who may have similar experiences



Group Focuses On:

- Re-defining roles of “parent”, “teacher”, etc
- Valuing Parents Knowledge
- Understanding behavioral challenges and expectations
- Caring for Yourself/Relationship

Groups led by Marriage and Family Therapist:

Drew Erickson, LMFT# 118881



SAN DIEGO
**CENTER FOR
CHILDREN**
Healing Hearts and Minds

Family Wellness Center

858-634-8300

fwc@centerforchildren.org

8 groups – 50 Minutes Each

Tuesdays @ 4pm

Dates: TBD. Please contact us if you are interested in attending this group

Groups will run via video and audio chat. A computer, tablet, or phone with video and audio capabilities is required.