

From: "Elisa DeVargas" <elisadevargas924@gmail.com>
To: "henry lo" <henry_lo@4j.lane.edu>
Sent: Monday, December 7, 2015 8:55:35 PM
Subject: Parenting Group at the Child and Family Center

Hello,

I hope this email finds you well! My name is Elisa DeVargas and I am a therapist at the Child and Family Center (CFC) in Eugene. My colleague, Katelyn Anderson, and I will be offering a mindfulness-based parenting group beginning in January and wanted to let parents at your school know about this service.

The group is for parents of children ages 2-8 years old who are experiencing behavior concerns. We will start the group in Mid-January and offer free childcare and a light dinner at each group. Please see the attached flyer for more details and contact information.

We are wondering if you are able to send out information about this group through your parents newsletter and/or if you would be willing to post flyers in the school. Please let us know if you have questions or concerns.

Thanks for considering!

Elisa C. DeVargas, MS
Counseling Psychology Doctoral Student, University of Oregon,
Practicum Intern Therapist, Child and Family Center
Practicum Intern, Trillium Children's Farm Home
Research Assistant, Prevention Science Institute
devargas@uoregon.edu
elisadevargas924@gmail.com

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