

# ACT for Parents Group

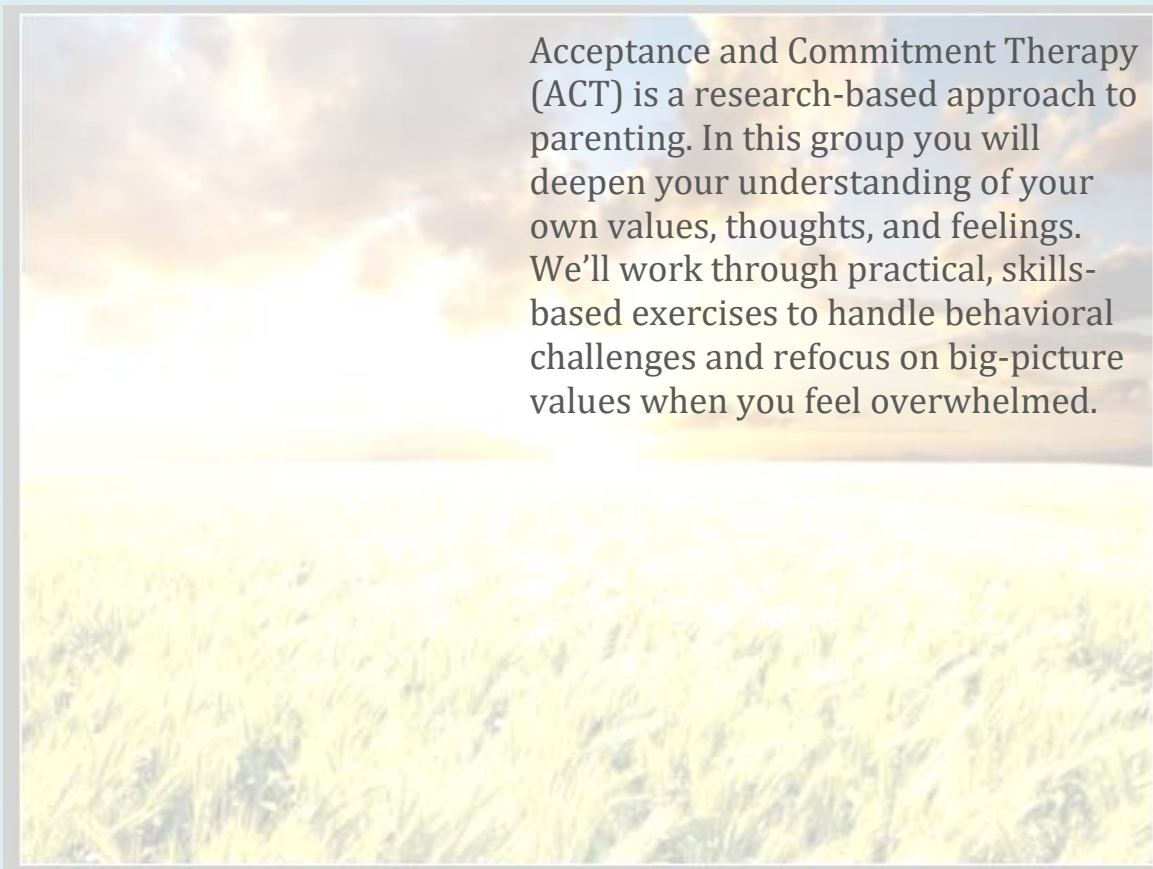
CALL today to join:  
Katelyn, M.S. 651-334-2531  
Elisa, M.S. 575-993-3790

Want to improve your relationship with your child(ren)?

Feeling stuck in unhelpful patterns?

Feel like your emotions get the best of you?

*You are not alone!*



Acceptance and Commitment Therapy (ACT) is a research-based approach to parenting. In this group you will deepen your understanding of your own values, thoughts, and feelings. We'll work through practical, skills-based exercises to handle behavioral challenges and refocus on big-picture values when you feel overwhelmed.

**What:** This group is for parents/caregivers of children ages 2-8 years old interested in trying **new approaches** to parenting

**Where:** The Child and Family Center, 1600 Millrace (Free childcare will be available on site and a light meal will be provided)

**When:** Thursday evenings 5:30-7:00pm for 8 weeks beginning in mid-January

**How much:** \$2-10 sliding scale/per session

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