

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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UnityPoint Health
Cedar Rapids

GROUPS ARE FACILITATED BY A THERAPIST AND SOCIAL WORKER