



LAMPION CENTER'S PARENT POWER GROUP

Facilitator: Christie Hagan, MSW, LCSW

- Relieve parenting stress and worry
- Create greater self-awareness;
- Learn healthy, productive coping
- Gain better communication skills with your child
- Increase ability to cope with tantrums, rages and other challenges your child presents
- Create more balance in your family

If you find yourself feeling like you need more tools in your parenting toolbox, feel frustrated, angry, sad or concerned about your relationship with your child, or simply need reassurance that you're doing a great job, please join us!! You'll find a space to share your struggles in a safe, nonjudgmental environment.

SESSIONS CURRENTLY SCHEDULED:

Thursdays from 10:30 am to Noon

At Lampion Center—655 S. Hebron Avenue

(812) 471-1776

** There will be no group on Thanksgiving (November 26), Christmas Eve (December 24) or New Year's Eve (December 31)

This group is at NO COST to participants! Light snacks will be provided.

ARK Childcare Center (812-423-9425) is a local resource that could be of help for childcare, but you must call at least a week ahead to reserve a spot, as space is limited. Unfortunately, Lampion Center is unable to provide childcare for this group.