

Attention: Parents of Kids Ages 6-12

- Are you feeling overwhelmed as a parent?
- Are you longing for a stronger connection with your child(ren)?
- Does it feel like meltdowns are overshadowing meaningful moments as a family?

Help is on the way!

Starting in March...



Growing Together - a 6-week group to nourish and empower parents of children ages 6-12 with insight, guidance and support to understand and meet your children's needs.

Topics include: *Roots of attachment, mixing feelings/emotional expression, behavioral challenges, discipline that doesn't divide, play as connection, and taking care of yourself.*

Meets virtually one hour per week for six weeks.

Small group size (6 parents/couples max) to foster safety and discussion.

Two convenient meeting times to choose from: Wednesdays (starting 3/13) at 7:00pm and Fridays (starting 3/15) at 12:00pm. Cost: \$75 per session (\$450 per family total).

Led by seasoned clinicians, parents and married couple:
Melissa Magee-Kakouras and Dionysios Kakouras



Contact Melissa: (704) 560-4918 or mmkakouras@hushmail.com with questions and to register. All participating parents must complete a brief screening prior to registering.

Registration deadline: March 8, 2024