

Therapeutic Health Service's Integrated Cognitive Therapy Program presents

STRUGGLING WITH YOUR TEEN?

Advice from experienced therapists

Preserve Relationships ♦ Create Healthy Boundaries
Manage Expectations ♦ Keep Things Safe
Recognize When To Get Professionals Involved

4-WEEK PARENT COACHING GROUP

STARTING JANUARY 22, 2019

Tuesday evenings from 6:30 - 8:30 p.m.

Verdant Community Wellness Center

4710 196th Street SW, Lynnwood

También se ofrece en Español, comenzando en abril 2019.

Más información por venir.

Not sure if the group is right for you?

Come to our drop-in session on January 15, 2019, 6:30 - 8:30 p.m.

*Group size is limited, to reserve your space
or if you have questions, please call (425) 263-3006.*



The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

healthy youth, healthy families, healthy communities