



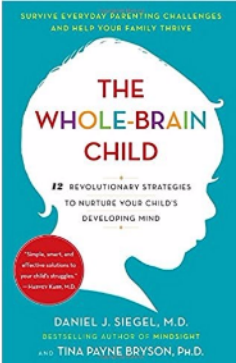
October 24th—December 12th
10:00-11:30am
199 6th Street, Room 5 (ECDC)
(7 weeks, no class Nov. 21st)

**“So, if we have the intention to be connected parents,
what is it that keeps us from being able to do it all the time?”**

Parent Support Group

- **Are you feeling overwhelmed** by your child’s strong emotions?
- Is your child having **meltdowns** or **outbursts**, or does your child shutdown when stressed?
- Do you have difficulties handling these challenging life moments and want to **learn strategies to help** deal with them?
- OR, perhaps you would like to learn new strategies to help **foster parent-child connections** in your daily life

If you answered YES to any of these questions, this group could be for you!



Coronado SAFE is pleased to announce a new **7-week** support group for parents. The group is based on recent research on brain development and how parents can **improve the parent-child relationship** with simple changes & strategies. Each session will build upon the previous to become a **supportive** and **confidential** environment for parents to share and try out parenting strategies.

The group is based on Daniel Siegel and Tina Bryson’s book, *The Whole Brain Child*.

Space is limited. To RSVP or for more info., please contact

Ashley.Kernkamp@CoronadoSAFE.org or call 619-522-6884 ext. 3#

This support group is facilitated by Ashley Kernkamp, a parent and Coronado SAFE Marriage and Family Therapist trainee (supervised by Terri Fong, LCSW BCD), with a passion for helping parents connect with their children and providing skills based on the latest research in child development and attachment.

Coronado SAFE
1009 C Avenue | 619-522-6884 | www.CoronadoSAFE.org