



MISSION COMMUNITY SERVICES

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FREE
Group Program

Balanced Parenting On Line

For parents who are experiencing Covid-19 related stress and:

- Feel powerless, frustrated, or worried about their **child's behavior.**
- Want to address problems with their child without starting a **big argument.**



Learn to

- Attend to your own Covid-19 related stress
- Get along better with your child
- Solve problems with your child
- Help your child become independent
- Increase your own confidence as a parent

Groups are On Line:

- Wednesdays from 10am – 12 noon
- April 22 to June 24, 2020

**Virtual Parenting
Group**

To pre-register for Balanced Parenting on line, please contact:

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