



Therapy Group for Parents!

STARTING SEPTEMBER 21ST!

**JOIN US EVERY TUESDAY FROM
4:30-5:30PM ON ZOOM!**

IN GROUP WE WILL...

- EXPLORE THE TOPIC OF SELF-COMPASSION
- BUILD COMMUNITY WITH OTHER PARENTS
- LEARN ABOUT MINDFULNESS TECHNIQUES
- EARN BABY BUCKS FOR EACH SESSION!

**WANT TO RSVP?
CONTACT BLAKE KLINSKY AT
630-376-8514**



**HAVE QUESTIONS?
TALK WITH YOUR HOME VISITOR OR
TPC GROUP STAFF!**