

Wellness Wednesdays

Virtual Therapy Groups for Parents

Parenting an Anxious Child

Connect with other parents, while gaining resources, tips & support to help you navigate your child's anxiety effectively.

Meets for 6 weeks. Starts 6/19/24

Wednesdays at 10:00 am

Mom Group Chat

A 6-week therapeutic group for mothers with young children designed to support moms struggling with postpartum challenges, feeling isolated, or simply needing connection and understanding.

Starts 6/19/24

Wednesdays at 11:00 am

School Refusal Support

A 4 week virtual group to support parents with children who refuse school or struggle to attend. Parents will learn techniques on how improve your child's attendance without morning meltdowns.

Starts 7/10/24

Wednesdays at 1pm

Mindful Maternity

A 6 week therapeutic support group for expectant moms to connect and cultivate mental well-being in pregnancy. This group includes expert support on preparing for a peaceful birth.

Wednesdays at 12pm

Starts 6/19/24

Scan to register
or contact

KLTherapycenter@gmail.com
for more info

