

# Parenting Group

**A SUPPORT GROUP FOR PARENTS OF  
CHILDREN K-8**

**Wednesdays from 7:15 PM - 8:30 PM**

**Parenting is a tough job! Are you looking for more support?**

**This parenting support group will provide you with:**

- ~ a space to self-reflect
- ~ parenting skills
- ~ mindfulness and stress reduction
- ~ emotional support
- ~ connection with other parents



**Provided by Teachers College, Columbia University**

**Dean Hope Center**

**Low-Cost Clinic Fees**

**Led by Doctoral Student Therapist Trainees**

**Open to Parents of Children**

**K-8 in New York**



**To be considered, please scan the QR code or proceed to the following link and complete an Adult Application form, indicating your interest in the Parenting Group:**  
**<https://tc-columbia-dhceps.titaniumhwc.com/>**