



CATHERINE BAXTER
MS, LAPC, NCC
678.329.7898

SHARON EGAN
MS, CPC
404.432.1590

PARENTING CBT GROUP COMBINING THERAPY & PARENT COACHING

It is no surprise that raising kids today is more difficult than ever. It is also no surprise that stress, anxiety, and feelings of being overwhelmed are at an all time high impacting parents, children, and their families in all areas of life.

Did you know your thoughts and perceptions of situations have a direct impact on your stress level as well as on your child's behavior?

Join Licensed Associate Professional Counselor, Catherine Baxter, and Parenting Expert, Sharon Egan, for a unique hybrid group as we work together to:

- Discover and remove the roadblocks that are keeping you from being the parent you want to be
- Modify unhelpful thought patterns towards solving current problems
- Process and discard the unnecessary stress in your life
- Create healthy patterns of communication empowering both you and your child
- Fill your parenting toolbox with effective strategies that will bring peace, joy, and laughter back into your family.

Parents of K-5th Grade

Monday Mornings

9:30am – 11:00am

(Groups forming for Middle and High School. Call for details.)

8 sessions from
September 11th to
November 6th

\$1200 paid in 3 installments
or \$1000 if paid in full
(Savings of \$200)

CALL TODAY for an
initial consultation and
to reserve your space.

Group size is limited to
10 people

MEETINGS AT PATHWAY
CENTER FOR PSYCHOTHERAPY
4350 S Berkeley Lake Rd
Suite E
Norcross, GA 30071