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## 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-5<sup>th</sup> Grade

Monday Mornings

9:30am – 11:00am

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

8 weekly sessions from  
September 25<sup>th</sup> to  
November 27<sup>th</sup>  
(excl. 10/9 & 11/20)

\$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  
4530 S Berkeley Lake Rd  
Suite E  
Norcross, GA 30071