

Do you struggle with

- *your child's special needs?*
- *wondering if you're meeting your child's emotional needs?*
- *feeling like your child is just plain out of control?*

Would you like to talk with other parents who are experiencing the same thing?

Register now!

801-853-8744



Parenting from the Inside Out

A holistic approach to parenting

Parenting from the Inside Out is not your average parenting class. This is a group that is designed to allow you to support each other in your unique struggles. In this group, you can expect to:

- learn and master new methods and techniques
- develop new parenting philosophies
- develop self-care habits to strengthen you



Dr. Nancy Kimmerly, Ph.D.

Group Facilitators:

Dr. Stephanie Voigt and Dr. Nancy Kimmerly have extensive experience in behavior management, neuroscience, and theories about how families function. Find out more about Stephanie and Nancy at www.realcaring.org



Dr. Stephanie Voigt, Psy.D



*Mondays
12:00 - 1:30 PM*

Location:

Real Caring Integrative Therapy
Professional Plaza
535 East 4500 South #D280
Salt Lake City, Utah 84107

Info and Registration

Groups are \$30 each week or \$100 for 4 weeks. For registration or more information, please call us at 801-853-8744. You may also email Stephanie at stephanie@realcaring.org.

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