



- Are you a single parent? Do you wish you could make connections with other single parents? Join our parent group.

Lori Padilla, LMHC will lead group discussion using curriculum based on **The Whole-Brain Child** by *Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D*

Topics will include Connect and Redirect; Engage, Don't Enrage; Remember to Remember: Making Recollection a part of Your Family's Daily Life; Increase Family Fun Factor; and more. Mindfulness practices will be used at each session.



**Share your experiences  
with others**



**Learn from other  
parents in a supportive  
forum**



**Build skills to raise  
independent kids**

**6 week, in-person small group**  
**Wednesdays, April 21 - May 26**  
**5:30 - 7:00 pm**

**Dinner will be provided, childcare not available.**  
**Meeting space provided at Bethlehem Lutheran Church**  
*(group is not affiliated with the church)*

**Register at [www.losalamosjjab.com/events](http://www.losalamosjjab.com/events)**