



Are you a single parent of an elementary-aged child(ren)? Do you wish you could make connections with others 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 14 - May 19
5:30 - 7:00 pm

Dinner provided.

Meeting space provided at Bethlehem Lutheran Church
(group is not affiliated with the church)

Register at www.losalamosjjab.com/events