



Parenting can be isolating. It doesn't have to be.

SILENCE YOUR INNER CRITIC

MONDAYS

5:30-7:00 PM

4/1/19-5/20/19

Community Mental Health Services

125 W. Rosedale Ave., Wayne Hall, 8th Floor

West Chester, PA 19383

Facilitators: Kenia Valdez, MS, & Caroline Guzi, BA

Fee: Free!

Call (610) 436-2510 for more information

Call or walk in to register

**FREE CHILDCARE AND
SNACKS PROVIDED**

**Feel more
successful as a
parent**

**Get support from
other parents and
experts**

**How do self-care
and parenting
relate?**

**Enjoy the time
you spend with
your child**

**How to address
difficult behaviors**

**Develop a routine
that works best
for your family**

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