



## Parent Support Group

The Couples & Family Institute of MPB Group, Inc. has developed a group for parents who are feeling overwhelmed with demands of parenting. The group addresses how to incorporate self-care and tackle parenting challenges through a positive lens.

Group Facilitator – Mary Blackwood, LCMFT

Meets Wednesdays @ 7:00

Email – [cfi@mpbgroupinc.com](mailto:cfi@mpbgroupinc.com)

About the facilitator – Mary Blackwood, LCMFT serves as the Associate Director of the Couples & Family Institute (CFI) of MPB Group, Inc. Mary oversees the CFI after having created and developed the program in 2018. She received her MS in Marriage and Family Therapy from Capella University in 2013. She completed the 18-month process to become an AAMFT Board Approved Supervisor. She loves working with parents, helping them find their joy in parenting.

All groups are provided via teletherapy. Maryland Medicaid & Carefirst BlueCross/Blue Shield insurance accepted. Cash clients also accepted (Prepaid discounts available).