

# Parenting Support Group

**Mondays @ 7 PM**

Sponsored by MPB Group Inc



## **MPB Group Inc. invites you to a 5-week Parenting Support Group.**

*Our intention is to meet, connect, vent, and share on the experiences of raising children. The group's purpose is to help you feel less alone, develop a network of parents, and explore strategies to make it all a little bit more manageable.*

We will discuss topics such as:

- How can we develop the right routine?
- When and how can we make time for rest?
- How do we manage guilt?
- How can we ask for, and lend others help?
- How can we cope with stress?

**Time: Mondays at 7pm, virtually**

**Dates: April 7th through May 5th.**

If you would like to join us, please respond to this email or contact your therapist! If you have any questions or would like to know more about the group, contact our offices at (410) 730-2385!



We look forward to hearing from you!