



LEE CARLSON CENTER™  
For Mental Health & Well-Being

# Parenting Groups

MIDDLE & HIGH SCHOOL AGES



Join Lee Carlson Center for a parenting group built on providing realistic information and tools that you can actually use to help make life a little less chaotic.

**WEEK 1:** Balancing Act: School, Activities, & Family Time:  
Figuring Out What's Best for Your Family

**WEEK 2:** Family & Technology: Safely & Moderation

**WEEK 3:** Importance of Sleep & Routines

**WEEK 4:** Navigating Nutrition Challenges

**WEEK 5:** All Feelings Welcome: Helping youth Recognize,  
Understand, & Manage Emotions

**WEEK 6:** Responding to Difficult Behaviors

**WEEK 7:** Fostering Resilience & Self-Esteem through  
Mindfulness & Play

**WEEK 8:** Friendship Central: Navigating Peer Relationships  
for youth & Parents

**NO COST TO FAMILIES!**

**GROUPS HELD VIA TELEHEALTH**

**WEDNESDAYS FROM 6:30-7:30 PM STARTING 6/24/20  
REFERRALS FOR FOLLOW UP SERVICES AVAILABLE**

**Call our Intake Line to Enroll: 763.780.3036**

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