

Providence Catholic
Counseling Department
is hosting:

MINDFUL PARENTING

AN EDUCATIONAL SERIES TO HELP
PARENTS GAIN AN UNDERSTANDING
OF COMMON ISSUES AFFECTING
TEENS PRESENTED BY LOTUS
THERAPY GROUP



Wednesday,
January 10, 2024
6:00 pm
PCHS Brown Student
Commons

There are two sessions scheduled for the evening.
Parents will select from the following topics for each session (two total):

UNDERSTANDING TEEN ANXIETY

ALYSSA MELVIN, MA, LPC

RECOGNIZING THE BIG AND LITTLE TRAUMAS IN YOUR TEEN'S LIFE

KENDRA DEFRANK, MA, LCPC

HOW TO UNDERSTAND, IDENTIFY, AND PREVENT DISORDERED EATING WITH YOUR CHILD

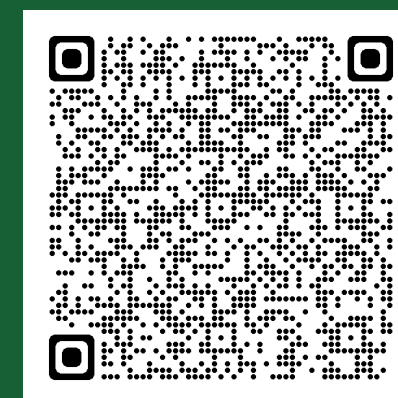
LISA CARROLL, MS, RD, LDN

RECOGNIZING PERFECTIONISM AND UNDERSTANDING ITS IMPACT

SARAH HART, MA, LCPC



Please RSVP here:



Snacks and refreshments will be provided.