

# UnityPoint Health-St. Luke's Hospital

## ***PARENT EDUCATION AND SUPPORT GROUP***

Do you feel overwhelmed by parenthood at times?

Do you struggle with knowing how to effectively  
motivate/consequence your child?

Do you want the support of other parents?

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**This group is free and confidential.  
All are welcome to attend.**

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This group is intended for parents, who are facing mental health and / or  
behavioral struggles and challenges with their children,  
or who simply want to be proactive and informed.

An informal educational topic will be followed by group discussion.

*Registration is not required but is recommended.*

*Childcare can be provided with advance notice.*

**WHEN: EVERY TUESDAY EVENING**

**TIME: 6:00PM-7:30PM**

**WHERE: CHILDREN'S SPECIALTY SERVICES**

**4050 RIVER RIDGE DR NE**

**CEDAR RAPIDS, IOWA 52402**

**CONTACT: 319-369-8261**



GROUPS ARE FACILITATED BY A THERAPIST