Chicago
PSYCHOLOGICAL HEALTH CENTER, LLC
THERAPY CAN HELP

Expert Led

Parenting Book Club

Summer Session Wednesdays June 13th - August 8th

1:30-2:45PM

Do you find yourself caught in power struggles with your child? By the end of the day you feel more defeated and wondering if you could have handled that meltdown in a better way? Wondering if you're the only parent trying to hack this parenting thing?

Grab a cup of coffee, join Dr. Michelle Sobon, parenting expert and child psychologist, and a community of other parents in the same boat for practical conversations about raising spirited kids.

"Ironically, parenting is a shame and judgment minefield precisely because most of us are wading through uncertainty and self-doubt when it comes to raising our children."

-Brene Brown, PhD

Call: 872-228-6355
Email: michelle@chicagophc.com
www.ChicagoPHC.com
Registration is $300

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THE WHOLE-BRAIN CHILD

Featured Book

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