

Are you a **frustrated** parent?



Are you surprised at how hard it is?

Do you ever feel exhausted, overwhelmed or worn out?

**Do you struggle with the same challenges over and over,
at a loss of how to change things?**

***We know one thing that really helps:
the support of other parents!***

PLEASE JOIN THE PARENTS GROUP...

...and enjoy a community of supportive fellow parents. We have a couple of topics in mind, but really, the content will be “parent-initiated,” so come with your burning questions and biggest challenges. We can’t promise easy answers, but we do promise a warm, respectful, judgement-free environment, with lots of empathy and compassion. It’s hard to be a parent (we know) - don’t do it all alone!

Facilitators: Tracy Douglas and Michele Eimon, graduate students in the counseling education department.

When: 5 Wednesdays, 4:00–5:15, February 29–April 4 (off Spring Break–March 28)

Where: UW-Whitewater, University Center, Room TBD

Please **RSVP** to Holly McFaul, Director of The Children’s Center: (262) 472-1768 or mcfaulh@uww.edu