

# *Healing Circles Wellness Center*

## *Announces:*

### **Parenting Support and Process Group**

### **NOW FORMING!**

### **YOU ARE NOT ALONE! We can help!**

- *Are you a parent struggling with a child who has behavior difficulties?*
- *Do you feel like you are alone in your frustration?*
- *Do you often wonder how you can cope with your own feelings around your child's difficulties?*
- *Do you ever feel like you need someone with whom you can talk, someone who understands?*
- *Do you need tips to better manage your own stress?*

*The goal of this group is to provide a supportive environment in which parents can find relief and new ideas.*

*Space is limited!*

*Please contact either Dr. Elise Abromson or Zoe Worrell, LCSW-C to schedule an initial interview to determine if this group is right for you.*

#### Fees:

- *Initial Interview- \$60*
- *6 Week Group Commitment- \$75 per week*

#### *Conveniently Located in*

*Healing Circles Wellness Center*

*620 W. Patrick Street*

*Frederick, Maryland 21701*

#### Contact Information:

*Phone: (301) 712-9015 ext. 1301*

*Your call will be returned in a timely manner.*

*E-mail: [drelise@doctorelise.com](mailto:drelise@doctorelise.com)*

