

Upcoming Series

PARENTING AN EMOTIONAL ADOLESCENT

Virtual Caregiver Group Series

Enhance your ability to respond to your teen's emotional distress and reduce parenting practices that can reinforce unhelpful emotional behaviours.



September 21, 2023

October 12, 2023

November 2, 2023

12:00 - 13:00

Register at Oracle Mental Health Clinic:

306 244 9944

Cost: \$300

**Facilitated by
Dr. Trista Friedrich**