

VIRTUAL Parent Support Group



Parenting has always been stressful but can seem especially overwhelming during these times. This group provides a safe space for parents to connect and relate to the challenges of parenting in today's world, as well as to receive instruction on scientifically validated emotional coping tools.

All parents and caregivers are welcome.



Details about the group:

Number of Sessions: One 90-minute and three 60-minute sessions

Date/Time: Wednesdays at 6 PM
Beginning Spring 2021

Location: Zoom

Fee: \$300 for four sessions

To participate in this group, please email: rnb.clinic@rush.edu

A member of our clinical team will then reach out to you to answer any questions you might have and/or to discuss scheduling!

