

Caregiver Insights Group

Sessions
starting in
July!

Parenting can be a journey of highs and lows, but you have a partner in St. David's Center. We offer six-session Caregiver Insights Groups for parents who could benefit from ideas, support, connection to other parents, and insight into their path forward.


Insights
will help you:

- **Learn** what your child's behavior is telling you
- **Connect with your child** by understanding their needs, meeting them where they are at, and solving problems collaboratively
- **Discover practical ways** to foster your child's social-emotional development
- **Use mindfulness** practices to tune into and enhance your well-being

Raising a Child with Anxiety or ADHD

Thursdays 12 - 1:30pm

7/06, 7/13,
8/03, 8/10, 8/17, 8/31

General Parenting Concerns

Thursdays 4 - 5:30pm

7/06, 7/13,
8/03, 8/10, 8/17, 8/31

Raising a Child Newly Diagnosed with ASD

Tuesdays 12 - 1:30pm

7/11, 7/18,
8/01, 8/08, 8/15, 8/29

For more information contact: Amy Wink at 952-548-8663 or amy.wink@stdavidscenter.org

REGISTER HERE
or scan QR code.



St. David's Center
Child & Family Development

952-939-0396