

# Parent Development Group

**W**hether you're a new parent, or your child's development is raising new concerns, parenting is challenging! You may feel anxious, overwhelmed, frustrated, confused, or even desperate as you confront the enormity of these challenges. You may be having trouble balancing parenting and your other responsibilities. Or you may be wondering about your reactions to your child's behavior.

**Y**ou're not alone. We're here to help. In our Parent Development Group, you will meet other parents with similar concerns, get practical skills to manage your child's behaviors (and your reactions to them), obtain resources to support a better connection with your child, and explore how parenting affects your relationships with your partner and important others.

**M**ost of all, you'll receive valuable support, helping you to understand your child and yourself more deeply.

**W**ho are the facilitators?  
Lynn Ruffino, MSW, Licensed Clinical Social Worker and Vickie Parker, MS, Marriage & Family Therapist. Together, they have over 25 years' experience working with parents, children, and families. They combine their professional insight and expertise with their personal experiences as parents.

Call today:  
Lynn Ruffino, LCSW, 818/905-2316  
or Vickie Parker, MFT, 818/676-1363

Groups now forming in Woodland Hills.



Distinct groups are designed for parents of pre-schoolers, school-aged children, and teens, addressing issues unique to those stages.

