

# PARENT COACHING GROUP

Join this 12-week course taught by certified DBT clinicians.

Get parenting support, learn how to change behaviors, identify parenting values, and achieve family goals.

## STRATEGIES INCLUDE:

- Mindful parenting
- Accepting and validating communication
- Increase problem solving and flexible thinking
- In the moment crisis survival skills
- Regulate emotions during difficult moments
- Increase pleasant family time



### **Teresa LaFleur, LMHC**

DBT-Linehan Board of Certification,  
Certified Clinician™  
EMDR Certified

10003 270th St NW Ste D  
Stanwood WA 98292

(425) 681-1528



[lafleurcounseling.com](http://lafleurcounseling.com)

LaFleur  
counseling<sup>PLLC</sup>



### **Kim Marohl, LPC**

DBT-Linehan Board of Certification,  
Certified Clinician™  
CAMS Trained Clinician

217 N. 4 th Avenue  
Sturgeon Bay, WI 54235

(920) 278-2620



[wisemindebp.com](http://wisemindebp.com)



*Wise Mind Counseling*