



# Virtual Parenting Group

## (Support and Process Group for Parents of Kids Any Ages)

Facilitated by Juliet Ogbonna, Graduate practicum student  
(Supervised by Julia Cedeno, LCSW-S, RPT)

**How many parents have found themselves thinking: Am I just destined to repeat the mistakes of my parents?**

In *Parenting from the Inside Out*, you will understand how a step-by-step approach to forming a deeper understanding of our own life stories, will help us raise compassionate and resilient children.

This group will read this book together and process the skills in a support style therapeutic group.

**VIRTUAL**  
**Saturdays 2-3PM**  
**June 10th-July 29th**  
**8 weeks**

**Cost: \$125 for all**  
**8 weeks**  
\*book is included



**TO REGISTER:**  
**CALL/TEXT 832-303-8933 OR**  
**EMAIL ADMIN@JULIASCOUNSELING.COM**

**WWW.JULIASCOUNSELING.COM**