







PROFILE EAP ONLINE PARENTING GROUP

Cultivating Awareness within the Caregiver

 **8 week online course,
New Group Every 4 Weeks.
Wednesday
4:00pm - 5:30pm**

 **Confidential psycho-
educational group
meant to help both the
traditional and non-
traditional caregiver.**

 **Self-Awareness
Adjusting Expectations
Breaking the Cycles
Communication
Boundaries
Consequences
Teamwork**

 **Call 1.800.645.6571
to register**