

# Parenting Group

Join Profile EAP's 2 part virtual parenting group for employees and their partners. Whether you're a single parent, part of a couple, a couple, or navigating a blended family, this supportive group is the perfect opportunity to connect, learn, and grow together while enhancing the parenting journey!

The following topics are covered in detail and then customized during group discussions to best support you on your parenting journey.

- Self-Awareness
- Adjusting Your Expectations and Breaking the Cycle
- Communication
- Boundaries
- Shaping Behavior
- Teamwork
- Resources

These sessions are confidential and in addition to your company's allotted therapy sessions. To register, call **800.645.6571** and we will add you to the waitlist for our next group.

The next group will be held on 2 separate days for 3 hours each day.

**June 28, 2025 1:00pm - 4:00pm**

**July 26, 2025 1:00pm - 4:00pm**

Registration is required.