

## *Summit Emotional Health is Proud to Offer a* **Monthly Parent Discussion Group**

This group offers a welcoming space for parents to connect, share experiences, and explore new ways to support their children's growth. Facilitated by experienced clinicians, each group session provides practical tools and guidance on topics such as managing screen time and technology use, setting healthy boundaries, and supporting emotional well-being. Parents are encouraged to bring their own questions or topics for open discussion ensuring that each meeting is relevant and tailored to the needs of those in the group.

**Who:** Parents with children ages 0-18 (can vary based on parent focus)

**When:** The second Thursday of every month from 12pm - 1pm (Holidays excluded)

**\* June, July, and August groups will be held on Tuesdays \***

June 10th, 2025

July 8th, 2025

August 12th, 2025

September 11th, 2025

**Cost:** Free

**Where:** The Group Room at Summit Emotional Health

**Do I need to sign up?:** No! Please just show up and spread the word.

**Group Facilitator:** Monthly rotation of Summit providers