



wild iris

FAMILY COUNSELING & CRISIS CENTER

www.wild-iris.org

# PARENTS HELPING PARENTS SUPPORT GROUP

Are your kids stressing you out?

Are you having trouble getting them to listen?

Need help getting your family under control?

**YOU'RE NOT ALONE!**

Whether you're dealing with toddler tantrums or a defiant teenager... join Wild Iris' **Parents Helping Parents** Support Group where you can share your experiences and learn useful tips that can help make your important job as a parent less stressful!

### Topics May Include:

Single Parenting, Coping Skills, Life Skills, Child Development, Discipline, Parenting Strategies

**Additional  
Class  
Added!!**

Group meets Wednesdays, noon—1:00 pm

& 5:30—6:30 pm

Snacks Provided

Classes are free!

For more information please call 760-934-2491

Please call ahead for availability of child care



**WILD IRIS Family Counseling & Crisis Center**  
625 Old Mammoth Rd. Suite 201  
Mammoth Lakes, CA . 93546

Phone: 760-934-2491

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