



LEE CARLSON CENTER™
For Mental Health & Well-Being



Virtual Parenting Groups

Starting March 3rd



[4pm group](#)
[link](#)

[5 pm group](#)
[link](#)

[6 pm group](#)
[link](#)

Topics to include:

communication
addressing behaviors
handling stress

increasing connection
improving relationships
household routines

Join Lee Carlson Center for a parenting group built on providing realistic information and tools that you can actually use to help make life a little less chaotic.

No Cost

Thursdays 4pm, 5pm, 6pm - referrals for follow up services available!

763.780.3036 • leecarlsoncenter.org

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