

WALKING THE MIDDLE PATH



IS THIS GROUP RIGHT FOR YOU?

Check out
our group!

Seeking skills to communicate authentically with your teen or parent?
Could your family benefit from more validation?
Want to maintain relationship throughout challenging times?



FREE skills group via Zoom
begins **March 4, 2026**
(6 sessions total)

Wednesdays
3:30-5:00 PM

SIGN UP with this link or by using QR code

<https://tinyurl.com/5amwfars>



for more information, contact
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