

Free Parent Support Group for Minority Families

You Are Not Parenting Alone...

Smart Love Family Services along with Strive for Success is offering a Free Parent Support Group. Participation is open to both minority and non-minority parents of minority children. This group is designed for parents to gain additional support with understanding and managing their children's behavior and emotions to help them be more successful at school, home, and overall in life.

This group is designed to:

- Increase positive communication and problem-solving skills within your child's school system
- Manage "the homework struggle" with your child
- Support your child in making good choices
- Strengthen your overall relationship with your child

Helping professionals will provide a safe, supportive and non-judgmental environment for parents to share their experiences, strengths and hopes. Parents are encouraged to simply come, sit and listen or they are welcome to participate in discussions and connect with other parents. Let's work together to empower one another.

Transportation, Childcare and Food/Refreshments provided.



Jessica Hudnall, M.A.



**Dr. Felicia M. Owens, Psy.D., LPC,
Psychotherapist**

Meeting Dates

January 14th, 28th

February 11th, 25th

March 11th, 25th

Dates are subject to change.

Please call in advance.

Funding provided by the Community Mental Health Board of Oak Park Township.



**Community Mental Health Board
of Oak Park Township**

Distribution of information by a community group in accordance with District 97 policy does not imply, directly or indirectly, that the group's program(s), event(s) and/or service(s) is sanctioned, sponsored or endorsed by the district, the Board of Education or the superintendent.

Dr. Felicia M. Owens, Psy.D., LPC
773.665.8052, ext. 227 | felicia.owens@smartlovefamily.org

The Smart Love Approach was developed by Martha Heineman Pieper, Ph.D., and William J. Pieper, M.D., and is described in their book *Smart Love*. The Natalie G. Heineman Smart Love Preschool offers classes for three to six year olds, and parent and child programs for children six weeks to 36 months. Smart Love Family Services provides counseling for children and families based on the Piepers' therapeutic approach, Inner Humanism®. Parenting programs include private parent coaching, educational seminars (co-sponsored by the Intrapsychic Humanism Society), parent training and support programs, and publications. © 2016 Smart Love Family Services is an Illinois-based 501(c)(3) nonprofit organization.

Chicago: 800 W. Buena Avenue, 60613 | Oak Park: 610 S. Maple Street, 60304

773.665.8052, ext. 4 | www.smartlovefamily.org