



Parenting can be isolating. It doesn't have to be.

SILENCE YOUR INNER CRITIC

**MONDAYS
5:30-7:00 PM
3/4/19-5/6/19**

Community Mental Health Services

125 W. Rosedale Ave., Wayne Hall, 8th Floor

West Chester, PA 19383

Facilitators: Kenia Valdez, MS, & Caroline Guzi, BA

Fee: \$135 (\$15 per session, paid in full at first session)

Call (610) 436-2510 for more information

Call or walk in to register

**FREE CHILDCARE AND
SNACKS PROVIDED**

**Feel more
successful as a
parent**

**Get support from
other parents and
experts**

**How do self-care
and parenting
relate?**

**Enjoy the time
you spend with
your child**

**How to address
difficult behaviors**

**Develop a routine
that works best
for your family**

WCU
WEST CHESTER
UNIVERSITY