

Growing Together

Parent and Child Support Group

Wednesdays: 5:00-6:00 pm.

Meeting dates:

September 22, 29, October 6, 13, 2021.

Instructor:

Julie Tucker, Marriage & Family Therapist



Growing Together is a new CDM therapy offering that uses gardening as a tool to foster communication. This hands-on activity allows for kids and parents to connect and talk in a fun environment. Research has found that exposure to nature is associated with better mental health. The Growing Together class is held on the outdoor patio of the clinic, where an experienced CDM therapist with a passion for gardening will guide the group through a series of helpful sessions designed to:

- Open lines of communication between the child and parent,
- Reduce stress, boost mood and help with self-esteem,
- Develop executive functioning skills, such as planning and organization,
- Build sensory coping skills and learn ideas for handling disappointments,
- Practice self-care and encourage healthy living,
- Provide a supportive environment for participants to connect with each other.

The group is designed for a parent/caregiver and child (ages 8-12 years-old). Each gardening group will meet for four classes, outdoors at the Center for Developing Minds. The group size is limited to provide participants with personalized attention. Fee for each group is \$325 per family. Please register in advance.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853

www.devminds.com

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