

Growing Together

Parent and Child Support Group

Parent/Caregiver & Child Group on Mondays:

11:00 am-12:00 pm.

Parents Only Group on Thursdays:

11:00 am-12:00 pm.

Meeting dates:

Groups begin the week of July 10, 2023.

Instructor:

Julie Tucker, Marriage & Family Therapist



Research has shown that exposure to nature is associated with better mental health. Growing Together is a summer CDM therapy offering that uses gardening to build communication and connection. This hands-on group allows for kids and parents to have fun together and connect outside in a relaxed, but structured, environment. 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 and strengthen the 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 and frustrations,
- Teach healthy habits and learn how to make direct-from-the-garden snacks,
- Provide a supportive environment for parents to connect and learn from each other.

Two classes are available: one group is designed for a parent/caregiver and child (ages 6- to 12-years-old) and the other is for parents/caregivers only. Each gardening group will meet for five classes, outdoors at Center for Developing Minds. The group size is limited to provide participants with personalized attention. The separate fee for each group offering is \$450 per family. Please register in advance for either session.



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

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