



Ascend in the Community Presents...

-A Virtual-

EFFECTIVE PARENTING PROGRAM

Join Us For
Four Complimentary Sessions
With Certified Mental Health Professionals

Be a part of a
Parent
Community

Be a more
Confident
Parent

FEB 28 12 PM-1 PM PST	Session 1: Laying the Groundwork
MAR 06 12 PM-1 PM PST	Session 2: Expressing Emotions Effectively
MAR 13 12 PM-1 PM PST	Session 3: Resolving Conflict
MAR 20 12 PM-1 PM PST	Session 4: Empowering Responsibility and Ownership

Access
Distress
Tolerance
Skills

Use Positive
Communication
Skills

For any questions, please email:
dahearn@ascendhc.com



Scan to RSVP

Ascend Healthcare
partners with
Hart District Wellness



These consecutive sessions
are free of charge.
RSVP is Required for
Zoom link