

# OMNI NURTURING PARENTING GROUP

A 10-Week Program Where Parents Can Flourish

Parenting is wonderful.  
Parenting is also challenging.  
We're here to make tackling those challenges easier.

This 10-week therapeutic program provides parents/guardians with research-based tools, tips, and skills to better understand their children and make the best possible decisions for them while building healthy life-long relationships.

This group has multiple sessions over the course of the year. Sessions are held virtually. This program is offered in English and Spanish.

## Topics covered in OMNI's Nurturing Parenting group include:

- The philosophy and facts of nurturing parenting
- Childhood brain development
- Appropriate discipline
- Building empathy and self-worth
- Effective ways to handle stress and strong emotions
- Setting your child up for success



To begin the registration process,  
call (847) 353-1500 ext. 1664  
or visit [omni4all.org/counseling](https://omni4all.org/counseling).



Scan here to  
learn more about  
counseling services  
with OMNI!