

New Parent Support Group

This is a support group for first-time parents seeking the opportunity to socialize and talk with other first-time parents about the challenges of being a new mom or dad. This group will provide a forum to discuss various topics such as how to find a balance in your life with your new responsibilities, how to handle the emotions and stress you may feel, ways to make time for yourself and maintain a strong relationship with your partner.

Topics of interest include:

- Establishing routines that work in your household
- How to effectively handle and verbalize feelings and emotions in a healthy way
- The importance of making time for yourself and how you can do this
- Skills to help maintain a strong relationship and build a strong family

This group is facilitated by Dena Otrin, Licensed Professional Counselor and first-time mom.

The group will meet every other Saturday afternoon for eight weeks from 12:30pm–1:30pm. The beginning date will be determined upon interest in participation in the group.

Dena accepts most commercial insurances and the self pay rate is \$30.00 per session.

If you would like to participate or have questions about this parenting group please contact Dena Otrin at 860-399-9500.