



PARENTING IN PLACE

University of Missouri-St. Louis

Community Psychological Service

Weekly Telehealth Groups

\$10 per session | Rolling Launch Dates

You can't do it all . . . and that's okay! Parenting, homeschooling, and working from home can overwhelm anyone. **This online teletherapy group will help you cope and parent most effectively by providing cognitive behavioral skills for regulating emotions, establishing security, and managing behavior.** Therapists will provide individualized consultations to help solve your specific problems.

Call our intake number if interested!

Sessions will be led by doctoral graduate students in the UMSL Doctoral Program in Clinical Psychology under the direct supervision of licensed psychologist faculty members.

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UMSL