



# 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.

314.516.5771

[umslcps@msx.umsl.edu](mailto:umslcps@msx.umsl.edu)

**UMSL**