

For Parents Limit Setting Group

Regulate. Connect. Set Limits with Confidence.

Join us for this 4 week intensive that will leave you feeling empowered to know when you need to set limits based on your child's cues and your own need for emotional regulation.



Led by Bethany Taylor, LCSW-C, CCPT

This group integrates nervous system regulation tools, guided meditation, and psychoeducation to support your parenting journey.

Parents will leave with a 3-step approach to setting limits that:

- Encourages self-control in children
- Builds a strong, connected relationship
- Empowers you to lead with calm confidence

This is for you if...

- You want to set limits without being mean
- You avoid setting limits because it feels too hard
- You feel like you've lost yourself in the chaos of parenting



Cost: \$175 per group session



When: Fridays, 9/19, 9/26, 10/10, & 10/17



Time: 12-1:30 p.m.



Where: 770 Ritchy Hwy Suite W-16

Scan for more info about our group offerings!



Call or email us if interested!

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