

# Parent Empowering Groups

Parenting is a journey filled with joy, challenges, and countless questions. You don't have to navigate it alone.

Join our warm and inviting parenting small groups, where you can connect with other parents and grow together in a supportive environment.

## Why Join Us?



### Supportive Community

Connect with other parents who understand the highs and lows of raising children.



### Intentional Parenting

Discover how to be a more intentional parent, focusing on thoughtful and reflective parenting practices.



### Practical Tips

Get practical evidence-based strategies to handle everyday parenting challenges.

**Our small groups meet regularly in a relaxed and welcoming setting.**

Each session includes:

- **Interactive Discussions:** Engage in meaningful conversations on parenting topics.
- **Video Curriculum:** Learn from expertly crafted videos with evidence-based strategies.