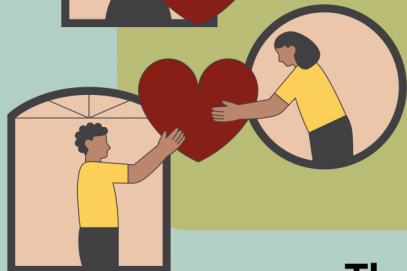
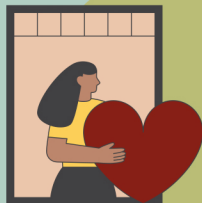


Creating a Whole Self Group

English Session



A supportive group for VOALA parents to come together in a safe space focused on well-being, connection, and growth. Build meaningful relationships with other parents while learning practical tools for self-care, coping, and positive parenting.

All guardians are welcome to join!

Thursdays 09/17-10/15 for 5 sessions

4:00 pm-5:00 pm on Zoom

Facilitated by:
Vivian Boyer, AMFT #158131, ATR-P

Supervised by
Gaby Espinoza, LMFT #139028, ATR-BC