

# Davis Parents of Tweens & Teens (10+) Support Group



**Third Saturday's, 4:30pm-6pm, \$30**  
**Davis Holistic Health Center, 1403 5<sup>th</sup> Street, Suite B, Davis**  
**Register At: [www.dezareefinch.com/parent-group](http://www.dezareefinch.com/parent-group)**

Are you navigating parenting your tween or teen alone? Do you sometimes feel like you have tried EVERYTHING to get your child on board to cooperate and make the right choices? Getting support for your experiences, connecting with others who can relate, and learning specific parenting skills can help you become the best parent you can be.

## **What to Expect**

Group time consists of both teaching and interaction. At times the group may focus on a particular topic. In either case, the group dynamic offers a place where you can experience support, give support, and understand more clearly how to relate to your child with specific techniques. These dynamics provide a very powerful environment for change. Remember, the more you give of yourself during the group meetings, the more you will receive. The more honest and open you are, the more you allow for insight and growth.

## **Facilitator Background and Qualifications**

Dezaree Finch, LMFT has been in the mental health field since 2001, working mostly with couples, children, families, and individuals with various types of challenges. She has a part-time practice at the Davis Holistic Health Center and is the owner and founder of Davis Affordable Professional Counseling. To learn more visit [www.dezareefinch.com](http://www.dezareefinch.com). She has maintained successful teaching skills from conducting various trainings and workshops in the past. Mrs. Finch has also been trained and been a participant for several parenting models, including positive parenting models.

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