

SENSORY PROCESSING DISORDER PARENTING GROUP



2021 - 2022 Monthly Meetings

- Sept 27 - Back to School: Managing Transitions Successfully
Oct 11 - How to Help Your Anxious Child
Nov 15 - Emotional Regulation: Parent and Child Strategies
Dec 6 - The Power of Mindfulness and Self-Care
Jan 10 - cancelled
Feb 28 - Social Anxiety and Social Skills
Mar 28 - The Whole Child Approach to Eating Challenges with Lindsay Beckerman, MOT,OTR/L
Apr 18 - Executive Functioning and SPD



Please join us monthly for a parenting/education/support group for any caregiver of a child with SPD. New members are welcome anytime!



Sarah is a Licensed Clinical Social Worker and Psychotherapist with a passion for helping children, parents, adults, and families with SPD. For over 20 years, Sarah has worked in various

organizations including a child abuse treatment center, mental health clinic, University counseling center, and private practice.



Jenny is a Licensed Professional Counselor and Licensed School Counselor specializing in work with children, parents and families. For more than 20 years, Jenny has worked in a number of settings including public schools, community

mental health, equine therapy and private practice. Jenny is trained in EMDR, mindfulness, CBT, and play therapy.



MEETING MONDAYS FROM 11:30 A.M. – 1:00 P.M.

-- 5277 MANHATTAN CIRCLE, #250 BOULDER --

COST: \$30 PER ATTENDEE, \$40 PER COUPLE, FIRST GROUP FREE

To reserve your spot, please contact:

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