

# How To Become A Superparent



## A Parent Training group for those who have supersensors

Let's face it, parenting is TOUGH!! Especially when you have a supersensor, a child who has BIG emotions and behaviors. This group is designed to help parents learn how to best parent children with emotional and behavioral struggles between the ages of 6 and 13. All the material taught is evidence based and will be taught by DBT-C trained Psychotherapists, Heather Simonson, LPC and Lisa Dunham, LCSW.

**The group will meet Tuesdays at 12pm to 1pm beginning July 11<sup>th</sup>, 2023 and follows a 17-week curriculum.**

- **Provided through the Pauquette Center for Psychological Services**
- **The group will be virtual through Google Meets**
- **If you are interested in learning more and/or registering for the group please email Dr. Jill Baures at [jbaures@pauquette.com](mailto:jbaures@pauquette.com).**