



PRESENTS

**\*FREE\* PARENTING  
BOOK CLUB**

**PARENTING FROM THE INSIDE OUT**

BY DANIEL J SIEGEL M.D. AND MARY HARTZELL, M.ED

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CHILDREN AGES 3-6 ARE INVITED TO ATTEND OUR  
“DEALING WITH FEELINGS” PLAY GROUP DURING  
BOOK CLUB, \$20 PER SESSION PER CHILD

FRIDAYS FROM 1:00-2:00PM, STARTING 6/1/18  
KENSINGTON THERAPY CENTER  
3717 DECATUR AVE., SUITE 1, KENSINGTON MD 20895

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Join us as we read and explore Parenting from the Inside Out, the evidence based approach to helping our children learn to regulate their emotions and stay grounded in times of stress. For more information or to register go to [www.BetterFamilyTherapy.com](http://www.BetterFamilyTherapy.com) or call 240-242-5185.