



No Drama Parenting

Maggie Phillips, Psy.D. and Amber Lane, LMHC

The Details:

When: Six weekly sessions held on Tuesdays from 10:00-11:30am

Location: WellSource
235 S. Eisenhower Ave.
Mason City, Iowa

Who: Expecting parents and parents of children birth to eleven years old

Cost: Varies based on insurance coverage

For more information or to register for the next group:
Call WellSource at (641)424-2075

This parenting group will help parents better understand how child brain development influences emotional and behavioral health. The focus will be on finding specific and practical ways to better understand children and how to improve parent-child relationships. Participants will learn about attachment science and use it to be better parents.

What will I learn?

Dr. Phillips and Amber Lane will teach parents how emotional experiences mold the mind and how important it is for adults to be emotionally healthy before being a healthy parent. The group facilitators will use strategies outlined by Drs. Tina Bryson and Dan Siegel in their child development and parenting books that emphasize emotional development. These concepts will help build resilience and attachment to prevent and manage children's emotional and behavioral challenges.



Maggie Phillips, Psy.D.



Amber Lane, LMHC