WOLFF
CHILD PSYCHOLOGY

RESILIENT PARENTING
A virtual parenting skills group for busy parents

Why This Group?

Parenting in the modern era is overwhelming. We'll help bring clarity and direction for how to handle big feelings, communicate effectively, and face barriers to a more fulfilling parenting relationship.

We focus on building intentional, compassionate, and realistic parenting practices applicable to a wide range of ages and presentations (both neurodiverse and neurotypical).

Learn skills and tools you can tangibly apply today and that you can always come back to.

✓ The Deets

- For Colorado parents with children ages 4-12
- Virtual via Zoom
- Wednesdays 12-1pm (30 min learning, 30 min Q&A)
- Active participation not required
- Join as few or as many groups as you like ($40 each or $200 for all 6)

About the Facilitators

Dr. Hillary and Dr. Danielle, licensed clinical psychologists at Wolff Child Psychology, bring 10+ years of clinical and lived experience in parenting and child development. They share a passion for helping parents feel empowered, confident, and attuned – to themselves and their kids.

6 Topics to Choose From:

Group 1: Self-Care for Parents (1/28/26)
Explore common misconceptions about self-care and negative thoughts that interfere

Group 2: Do Less (2/4/26)
Learn to set boundaries and develop realistic expectations – for yourself and your children

Group 3: Play More (2/11/26)
Learn ways to strengthen the parent-child relationship and infuse playfulness and humor

Group 4: Get Comfortable with Big Feelings (2/18/26)
Increase your understanding of big feelings and your confidence in handling them when they come up

Group 5: Effective Repair (2/25/26)
Explore your own relationship with repair and get comfortable doing it more with your kids

Group 6: Command Communication (3/4/26)
Learn communication tools to support social-emotional development and foster compliance

Scan or Click to Register Today!

📞 303-500-3407
🌐 WolffChildPsychology.com
✉️ info@WolffChildPsychology.com