



# *Virtual Parenting Skills Group*

for parents of children ages 4-8

Thursdays 12:15-1:15 CDT

- Apply evidence-based techniques based on Parent-Child Interaction Therapy (PCIT) to manage disruptive behaviors and decrease behavioral difficulties and power struggles.
- Learn developmentally appropriate skills to use with your children to improve cooperation and connection.

**Enroll by calling 512-246-7225 or email us at [hello@austinanxiety.com](mailto:hello@austinanxiety.com)**