



# Need new ideas and support in your most important role – being an effective parent?

## Join Bluestem Center's Ongoing Parenting Group

Date: Thursdays

Time: 6:00 P.M. – 7:00 P.M.

Location: Bluestem Center  
124 Elton Hills Lane NW  
Rochester, MN

Group Leader: Kathy Porter, MS,  
Explore: Keeping your cool, maintaining positive relationship, dealing with challenging behaviors and your concerns

Process: Confirm by calling 282-1009  
by noon on Thursday.

Fee: Will be billed to your mental health insurance (individual insurance coverage benefits apply)