



Self-Care Groups for Parents with Small Children

(6-weeks Course)

with Marina Lisjonok (MSW, ERYT-500) and Kristine Buelow (MSSW, LSW)



These groups are for Parents only (children stay home):

- Experience support and understanding, while sharing challenges and stressors related to raising small children.
- Discover tips and tools to face and overcome these challenges with more knowledge and skill.
- Restore your energy levels and refresh your mind by being guided through relaxation, conscious breath and meditation practices.

Fridays, January 11th – February 15th

9:30 am – 10:45 am

Small Group Size! Space is Limited! Insurance accepted!



Marina has been in mental health field since 2000, while helping children, teens and adults. She also teaches yoga, mindfulness, and meditation since 2005.
Kristine – specializes in play therapy, while serving and supporting families with children aged 3-12. As a parent herself, she recognizes the ups and downs of raising children and the value of empowering one another as parents.



45 S. Park Blvd., Suite 200, Glen Ellyn, IL

life-care-wellness.com (630) 423-5935