



Decatur Family Psychiatry

Do you have difficulty communicating with your teenager? Do you want to form a stronger relationship with them? Decatur Family Psychiatry is offering a parenting group to help!

Who can benefit?

Parents of older children or teenagers who want to form a stronger, more transparent relationship

What is the goal?

The class will teach parents effective communication skills to use with their teenagers along with techniques to increase self-awareness and reduce stress

What will we learn?

The class will focus on skills to improve listening, mindfulness, reduce stress and conversation skills that build trust. We will discuss the biological and psychological basis for how these skills can help you form a closer, stronger relationships with your teenager

How will these skills be taught?

The courses consist of 6 classes where parents will learn through coaching and exercises to practice and experience these concepts directly. Parents will also be given homework to practice skills at home



Interested families should contact Dr. Liz Hanzi at 404-723-6623

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