



Adults Healing from
Strained Parental Relationships:
A Psychoeducational Book Club

Join our telehealth group to discuss chapters from the book *Adult Children of Emotionally Immature Parents* by Lindsay Gibson.*

This group offers a safe space to explore the impact of emotionally immature parenting. Together, we'll build understanding, find healing, and create community.

10 Weekly Sessions

**Book not provided*



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Register online using the QR code
or call our office at 603-865-1321