

# Parenting Discussion Groups



## Network on Navigating Parenting Challenges

RethinkCare offers monthly discussion groups led by our Board Certified Behavior Analysts, that provide a small group setting for parents to share information, seek support, and discuss common challenges with other parents whose children are a similar age.

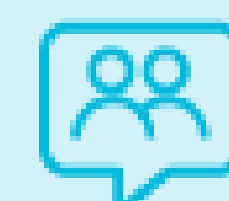
**Discussion groups are included as part of your RethinkCare benefit and provided at no cost.**

### Sign up for a Parenting Discussion Group

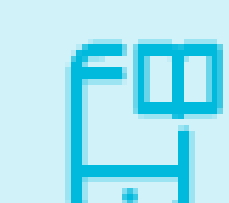
**Topics Include: Parental Self-Care, Managing Screen Time, Parent Guilt**



Login to your RethinkCare account at [connect.rethinkcare.com](https://connect.rethinkcare.com)



Click the “Experts” icon in the navigation bar to see upcoming groups



Register for a session based on your child’s age and the time that works best with your schedule

**Need to enroll? Get started for FREE today!**

Go to [connect.rethinkcare.com/sponsor/adt](https://connect.rethinkcare.com/sponsor/adt)

Use code: **ADT**



**Questions?** Reach out to [support@parentinggroups.com](mailto:support@parentinggroups.com)