

# VIRTUAL GROUP FOR PARENTS RAISING 2-5 YEAR OLDS

## Join us virtually for **Lunch & "Littles": Parenting Support Group**

Join us during your lunch for a supportive space to connect, share, and learn with other parents navigating the joys and challenges of raising toddlers & preschoolers.

### What to Expect:

- Weekly topics on child behavior, emotions, development, and more.
- Practical tools for everyday parenting
- A judgment-free zone to ask questions and be heard



### When?

Weekly on *Thursdays*,  
12:00pm–12:45 PM  
Reach out for 2026 Winter/Spring dates.

### For Who?

Caregivers raising children  
ages 2-5 year olds.  
*California Residents only.*

### Where?

Virtual Online – Zoom link  
provided upon registration

### Cost?

Pay-what-you-can style.

**Come as you are!**  
**Bring your lunch, your coffee, or your  
toddler in the background!**



Led by Priscilla Nyo, LMFT #138683, IFECMHS  
Early Childhood Mental Health Therapist

**\*Limited Spots Available**



**SIGN UP FOR THE  
GROUP TODAY!**

I would love to chat with you  
about the group.  
Reach out today for a  
**FREE intro call!**

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