

Parent Wellness Group



Village of Niles
Family Services
999 Civic Center Drive
Niles, IL
(847) 588-8460

Private Insurance,
Medicare and sliding
scale can be used
for this group.



Parenting today takes a different set of skills and tools more than ever before. Come and join this group that will support, nurture and nourish yourself and the incredible gift you give to others...YOU! This group will integrate yoga, meditation and relaxation techniques to rest, relax and replenish yourself.

This is a 6 week, 90 minute group co-facilitated by Tony Hollenback and Lida Wagner of Family Services and Amy Cardella of the Niles Fitness Center. The group will begin on Thursday, April 10th 2014 from 6 p.m. to 7:30 p.m. Please call us for a pre-screening and registration. At [847-588-8460](tel:847-588-8460).

We look forward to seeing you!

This group is sponsored by the Village of Niles Family Services