

BOOK CLUB

led by Sarah Wayland, Ph.D. of *Guiding Exceptional Parents*

Our quarterly book club meetings cover a range of topics related to raising children, especially those who challenge you. Come to the book club ready to discuss what you learned while reading the book selected for that session - what you liked, what was useful, and what didn't make sense. The book club meetings are highly interactive with lots of discussion.

2019-2020

Meeting time
7:30 - 9:30 pm

**Tuesday
July 9th** Differently Wired: Raising an Exceptional Child in a Conventional World by Deborah Reber (in Riverdale Park)

**Monday
October 7th** Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges by Mona Delahooke, Ph.D. (in Bethesda)

**Wednesday
January 15th** The Out-of-Sync Child: Recognizing and Coping With Sensory Processing Disorder by Carol Stock Kranowitz, M.A. (in Riverdale Park)

**Wednesday
April 8th** Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff, Ph.D. (in Riverdale Park)



Connect with other parents of kids who need a little "more".

For more information or to register:

<https://www.guidingexceptionalparents.com/maryland-book-clubs/>

Suggested donation: \$10 - \$20.

If you pay what you can it helps us keep our program accessible to all.

Contact for more information: info@guidingexceptionalparents.com