



# ONLINE CEN SUPPORT GROUP

For adults who have experienced Childhood Emotional Neglect (CEN) and want support + skills to effectively **manage a difficult relationship with their parent.**

**Group starts Tuesday, March 5, 2024**

Learn more and sign up at [www.connecttherapymn.com](http://www.connecttherapymn.com)



8 weekly  
sessions



12-1pm CST



March 5, 12, 19, 26  
April 2, 9, 16, 23

## Topics covered:

- Characteristics of emotionally neglectful parents
- Boundaries
- Communication skills to handle difficult interactions
- Negative self-talk
- Low/no-contact relationships
- Emotion regulation & coping
- People-pleasing & perfectionism

**Cost: \$50/session**

**REGISTER NOW**

**Facilitator:** Katie Egge, LMFT

*Katie is a therapist & coach who helps people who've grown up with CEN gain confidence and skills to finally get what they need to live the life they want.*

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🌐 [www.connecttherapymn.com](http://www.connecttherapymn.com)

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