



**New Day Training Center
Enhances Communication and Emotional Skills Through Group Therapy**

New Day Training Center, supported by Sutter County Community Action Agency's CSBG funds, offers group therapy programs for couples, sexual trauma survivors, and parents/families, helping them improve mental health, communication, and life skills.

One parent joined New Day's 10-week parenting group therapy to strengthen communication with her three children—ages 20, 12, and 10. She wanted to help her younger two resolve conflicts while ensuring all her children felt heard. Through guided sessions with New Day therapists, she learned emotion-coaching strategies and tools to foster understanding and connection.

By the program's end, she felt more confident in managing parenting challenges and noticed improvements in her relationships—not just with her children but also in her professional life. Grateful for the experience, she now recommends the class to others and continues to apply what she learned.

For more information about New Day Family Counseling Center:
(530) 434-6318
1095 Stafford Way, Ste. J, Yuba City, CA 95991

