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## Moving Forward: Wellness One Step at a Time

### Archives Available

**September 19th 2014:**The parental pitcher and wellness:  
Exploring how and what fills it

Join me as I talk with Dr. Kimberly Lemke and explore the realm of parental wellness. We'll talk about her "pitcher" analogy, expectations, self-care, how a parent's sense of self affects how they parent and steps listeners can take to become more effective in parental wellness. Dr. Lemke is a licensed child and adolescent clinical psychologist in private practice and author of *I Just Don't Get My Parents' Rules!*, a children's book.



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### Featured Guest



#### Dr. Kimberly Ann Lemke

Dr. Kimberly Ann Lemke is a licensed child and adolescent clinical psychologist in private practice. With expertise in working with children, adolescents, adults, and families, she specializes in parenting issues and runs parenting workshops and trainings. Dr. Lemke earned her master's and doctorate degrees in clinical psychology from the Illinois School of Professional Psychology/Argosy University, Chicago Campus, in 2004. She has worked in multiple hospital settings and was the director of a school for children with behavioral and emotional issues for several years. She consults with schools and is passionate about educating others on the social and emotional needs of children. Dr. Lemke w

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