



## The Parent-Child Role Reversal: Making Sense of Emotionally Immature Parents

**Do you find yourself over-explaining ?  
Over-accommodating?  
Walking on eggshells as an adult?**

You might have grown up around emotional immaturity.

When a parent struggles with regulation, empathy, or accountability, it can leave a *lasting imprint* on how we navigate relationships and ourselves.

### **We're breaking this down:**

- what it looks like
- how it affects us
- how to start untangling it

*Parents can love us deeply and still struggle in ways that affect us.*

Co-hosted by **Mallory Gordon MA LLP, PMH-C**, who brings experience helping people make sense of complicated parent-child dynamics.

**Thursday, May 14 | 6:30–7:30pm**  
**Sherwood Brewing Company**  
**\$15 • Pre-registration required**



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