



Children and Family Enrichment
at Idlewild

Parents,

I'm Kristi Nobbman and have recently been hired as the Parent Counselor at Children and Family Enrichment (CAFE). I graduated from the University of Memphis with my Master's in Counseling in 2013 and am currently working on my doctorate. In my free time, I love reading novels, riding my bike, and gardening. I have experience working in schools and in the community with children, adolescents, and young adults who sought help reaching goals related to relationship/family conflict, past trauma, substance use issues, education/career choices, depression, and anxiety. Now, I am excited to offer Individual, Couples, and Group Counseling Services to parents at CAFE.

Parenting is the most important, and sometimes difficult, job you do. CAFE recognizes this and emphasizes interactive relationships, diverse community, brain development, and resilience for adults and children. As adults, we can struggle to contain our emotions and impulses, or it seems too hard to cheer ourselves up after a disappointment. Sometimes we forget to think before acting. All of these abilities, or lack thereof, have to do with our self-regulation, which is essential for our emotional maturity, social connections and raising children. Luckily, even as adults, our brains still have the ability to grow and change in positive ways.

Individuals and/or couples may choose to seek counseling services for help with specific parenting challenges, personal hardships in their own life experiences, co-parenting issues, or effective communication. Counseling sessions will be an hour and last a minimum of 6-8 weeks. A degree of commitment is necessary. As interest grows, small groups will be announced and held on various topics. Services through CAFE are free of charge. Please contact the CAFE office at 901-746-9341 or my office number at 901-746-9450 to learn more or schedule an appointment. I look forward to working with you!

Best,

Kristi L. Nobbman, MS, tLPC-MHSP, NCC
Parent Counselor
Children and Family Enrichment
28 S. Evergreen St.
Memphis, TN 38104

901-746-9450