



Parent and Child Workshop Series

Join us for a 7 week series offering positive parenting strategies to help caregivers feel more confident and less stressed in order to raise happier, more successful children.

Discover more positive ways to parent that leads to more positive behavior in your children. Parents will be in a group and children will be in a group, both with licensed therapists facilitating.

Parenting skills will include:

- Learning to better communicate love and strengthen relationships.
- Exploring positive parenting strategies such as praise and rewards to encourage desirable behavior.
- Managing negative behaviors through clear expectations and consequences.

Children will learn coinciding skills, including:

- Choices and consequences
- Managing feelings
- Self-control
- The purpose of a time-out and how to take a time-out

These techniques are simple and effective for preschoolers, teenagers and all ages in between.

Thursdays, 6:00-7:00 pm
October 1st - November 19th
Pastoral Counseling Center
4525 Lemmon Ave, Dallas 75219

Children's Group for Ages: 7-10 years old (Space is limited)

Cost: Course fees paid in full at first session. \$350 for 1 parent and 1 child, \$50 each for additional parent or children

To Register: Call 214.526.4525 **Facilitators:** Gina Rees, LMSW and Michelle Bledsoe, LPC-I

Pastoral Counseling Center - Kids and Family

Counseling and assessment for pre-schoolers, children, teens, and adults.

Assessments provided: autism spectrum screenings, AD/HD evaluations, behavioral/emotional/psychological assessments.

www.pccdallas.org 214.526.4525

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