



## For Families of Children with Challenging Behaviors:

# Developing our Children's Skills

Join us for this **six-week parenting class** for families and caregivers of children with special needs. Instructor Linda Sinclair, is internationally certified autism specialist, and has more than 20 years' experience as a special educator, family advocate and parent trainer. She is trained as a master trainer in HOT DOCS\*, a program developed by the University Of Southern Florida's Department of Pediatrics to help parents address difficult behaviors in children with special needs, including autism spectrum disorders. The program provides parenting strategies in a highly interactive group setting.

Class topics include:

- early childhood development
- routines, rituals and development
- development and behavior
- prevention tools for challenging behaviors
- new parenting skills and stress reduction techniques

For more information on HOT DOCS, please see their website:

[http://health.usf.edu/medicine/pediatrics/child\\_dev\\_neuro/HOTDOCS.htm](http://health.usf.edu/medicine/pediatrics/child_dev_neuro/HOTDOCS.htm)

### Swindells Resource Center

Serving families of children with special needs

### 2018 Community Education

**Classes occur every Tuesday, from January 9 to February 13**

10a.m – 12 p.m.

Providence St. Vincent Medical Center

East Pavilion, Room 11

9135 SW Barnes Rd.

Portland, OR 97225

### Registration

Class size is limited and pre-registration is required. Register by phone at 503-215-2429 or toll free; 800-833-8899 ext 52429.

**Class fee is \$50.** Limited scholarships are available. Please call for more information.

Swindells Resource Center is a part of Providence Child Center

