

ASSOCIATION
FOR MENTAL
HEALTH &
WELLNESS
PRESENTS

ACTIVE PARENTING PROGRAM

FOR PARENTS OF 5 TO 12 YEAR OLDS



6 Week Virtual Program Includes:

Session I: The Active Parent

Styles of parenting
Brain development in children
The method of choice

Session II: Cooperation & Communication

Who owns the problem?
Active communication
Feelings, empathy, & problem-solving

Session III: Responsibility & Discipline

Effective, non-violent discipline
"I" messages
Logical Consequences

Session IV: Building Courage & Self-Esteem

The Think-Feel-Do Cycle
The power of encouragement

Session V: Understanding & Redirecting Misbehavior

Why children misbehave
Eliminate power struggles
Handling anger
Problem-solving with FLAC

Session VI: Active Parenting for School Success

7 Smart Things for School Success
Structuring homework time
Tobacco, alcohol, and other drugs
Family Talks

**WEEKLY 2 HOUR VIRTUAL SESSIONS
STARTING THURSDAY 10/16/2025**

**DAY SESSIONS: 10:00AM-12:00PM
REGISTER HERE!**

**EVENING SESSIONS: 5:30PM-7:30PM
REGISTER HERE!**

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ASSOCIATION FOR
MENTAL HEALTH AND WELLNESS



To Advocate. To Educate. To Empower. Together.