

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 TUESDAYS 1/6/26**

**DAY SESSIONS: 9:30AM-11:30AM  
REGISTER HERE!**

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

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To Advocate. To Educate. To Empower. Together.