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 8/11/26

DAY SESSIONS: 9:30AM–11:30AM
CLICK HERE TO REGISTER!

EVENING SESSIONS: 5:30PM–7:30PM
CLICK HERE TO REGISTER!

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Association for Mental Health and Wellness
To Advocate. To Educate. To Empower. Together.