

Raising a Challenging Child?

It can be difficult to get what you need when other family members are struggling. In this eight-session workshop you will learn new ways to think about your problems and how to implement self-care techniques proven to reduce stress, even when life is incredibly busy. In addition to learning more about yourself, you will join with other parents who want to learn skills taught in cognitive and dialectical behavior therapy, as well as mindfulness-based stress reduction techniques.

TOPICS:

- Stages of Your Journey
- Understand Yourself
- Thoughts, Behavior & Feelings
- Pleasant Activities, Relaxation & Mindfulness
- Change Your Thinking
- Effective Communication
- Overcome Your Fears
- Self-Regulation

SPRING 2019

7:00 – 9:00 pm

Eight Thursday evenings

March 7th - May 2nd

no class April 18th

Law Offices of Michael Herman

6801 Kenilworth Avenue, Suite 200

Riverdale Park, MD 20737

First, Put On Your Own Oxygen Mask

with Sarah Wayland, Ph.D.

<http://bit.ly/O2Mask-Spring2019>

Cost: \$125 - \$300 (pay what you can)

www.GuidingExceptionalParents.com