

Groups Starting Soon for Kids in Preschool – 5th grade!

Helping Your Challenging Child

Parent & Child Groups

Does your child struggle with behavior problems?

Our Research-Supported Behavioral Treatment involves both a Parent Group and a Child Group running concurrently. These 12-week skills-based groups are for families with a child in preschool through 5th grade who regularly does one or more of the following:

- ❖ *Has meltdowns or tantrums*
- ❖ *Argues, gives attitude, or talks back*
- ❖ *Hits, kicks, or otherwise hurts others*
- ❖ *Is easily angered or displays a lot of anger*
- ❖ *Shows defiance or does not do what they are told*

Research shows that working with parents is essential to improving a child's behavior. After all, you spend more time with your child than anyone else!



Our Parent Group will help parents:

- ❖ *Build a more positive relationship with their child*
- ❖ *Use clear, consistent, and effective discipline strategies*
- ❖ *Encourage their child to behave better*

Our Child Group will help children learn:

- ❖ *How to identify and cope with their emotions*
- ❖ *How to use problem solving skills*
- ❖ *Anger management skills*

Insurance accepted.

For information, contact *Susan Myket, Ph.D. & Associates*

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