



# Parenting Challenging Behaviors

Join our skill-based support group for parents facing similar challenges and transform your parenting approach.

## **PART 1: LEARN AND OBSERVE**

- Learn how to view your child's unique behaviors more objectively.
- Understand your reactions to your child's behaviors, without judgment.
- Gain insight into your strengths and areas for growth.

## **PART 2: ACQUIRE NEW PARENTING SKILLS**

- Regulate your emotions to formulate calm and constructive responses.
- Improve your communication skills to express clear expectations and set limits with greater ease.
- Collaborate with like-minded parents and seasoned therapists.
- Cultivate a balanced and effective parenting style.

GROUP MEETS TUESDAYS NOON TO 1:30 VIA ZOOM

Reach out for a 20 minute complimentary consultation

914-300-3960 or [allison@clearmindwestchester.com](mailto:allison@clearmindwestchester.com)

Run by Hilary Cooper, PhD and Allison Stahl, LMSW