



warm springs  
**Counseling  
Center**



## Effective Parenting Skills Group For parents of children 3-12

Effective Parenting Skills Group will focus on:

- Preventing and dealing with problem behaviors (temper tantrums, defiance, sibling disputes, and more)
- Increasing positive behaviors
- Age-appropriate emotion regulation skills
- Managing and reducing parent frustration

This group is accepting parents of children ages 3-12 interested in joining. Sessions are held weekly on Wednesdays from 7:00-8:30 p.m. for eight weeks, except the week of Thanksgiving.

This group helps parents learn and practice parenting skills tailored to raising children. Sessions consist of lecture and activities. Concepts and skills are taught in a progressive order. Participants should plan to attend all sessions and are encouraged to practice skills with children between sessions. Childcare is available.

The leaders of this group are Carolyn Golden, Psy.D. and Colleen Gray, MA.



Warm Springs Counseling Center accepts most insurance plans and Medicaid. Subsidy programs are available for those who qualify.

### Date & Time:

October 21, 2009  
Occurs weekly on  
Wednesdays  
7:00-8:30 p.m.

### Location:

Children's Home Society  
2nd Floor Conference Room  
740 Warm Springs Avenue  
Boise, ID 83712

### Registration:

Amy Thompson, LSW  
Director of Social Services  
208-343-7797 x 1211 or  
training@  
childrenshomesociety.com

### Cost:

\$45 per session