

# Parenting Workshops

All Workshops are *FREE*

Sept 14 - Nov 2, 2022

*Parenting*



*In 2022*

Our Therapists will be offering presentations that will allow parents to gain practical skills for navigating difficult behaviors paired with an open discussion with other parents who are facing similar challenges

## The following topics will be covered

- Sept 14 Tantrums vs Meltdowns: Helping Your Child Manage Distress
- Sept 21 Setting Healthy Limits and Boundaries
- Sept 28 Managing Difficult Behavior with Appropriate Consequences
- Oct 5 Anger Management for Parents
- Oct 12 Recognizing Signs of Substance Abuse
- Oct 19 Utilizing the Internet and Social Media Safely
- Oct 26 Parent support and Interventions
- Nov 2 Co-Parenting

All workshops will be held from 5:30-7:00pm via video conferencing and limited in-person participation. RSVP is required for both. Once you have registered you will receive the video link via email if participating remotely.

To register or for more information or please contact Sara Mestas, LMFT at 951.677.5599 ext. 2255 or [saram@oakgrovecenter.org](mailto:saram@oakgrovecenter.org)

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