

Parenting Techniques Workshop

6 Online sessions

Thursdays

March 14th-April 18th

7-8:30pm

\$120--scholarships available

**contact Kai at kai@womensrc.org to
inquire about scholarship opportunities**

Women's Resource Center is running a 6-session workshop on parenting techniques. For the first 45 minutes, two of WRC's counselors will provide education on a specific parenting topic, strategies for use, and various examples of application. The second half of each session will allow for questions, as well as practice with application in participants' specific situations. Sessions will primarily focus on ages 10 and under.

Topics will include:

- **Parenting styles and research-backed outcomes associated with each; recognizing how one's childhood may be influencing one's parenting**
- **Discipline and rules; enforcing boundaries with children; how to communicate with children when parents have different rules; addressing problem behavior**
- **The power of validation; effective communication with your child; understanding how to work with your child within your value system**
- **Regulation/Co-regulation; the impact of modeling for our children**
- **Resources for further exploration of parenting support**

Groups are most beneficial with interaction and conversation. Participants will be encouraged to contribute to sessions with questions, examples, techniques that have proven successful/unsuccessful in their own parenting journey, and feedback to other participants.

If you are interested in participating in the workshop, please complete the following information by Friday, February 23rd. You will see a charge of \$60 on your invoice when the workshop begins. If you are unable to afford the workshop cost, please reach out and inquire about our scholarship opportunities.

Questions, comments, concerns? Feel free to email Lori Benedict, one of WRC's counselors who will be leading the sessions, at loryn@womensrc.org.

The following information can be copied and pasted into an email and sent to Lori, and will serve as your registration:

Name:

Address:

Email:

Age and gender of child(ren):

Are you currently a client of WRC?

→If so, what services are you using at this time (ex: counseling, financial coach, PHEBE program, etc.)?

What areas in parenting bring you the most satisfaction?

What areas in parenting cause you the most anxiety/self-doubt/frustration/etc.?

What skills would you like to strengthen by the end of the workshop?

What specific areas would you like covered in the workshop?

Are there any topics that you are not interested in focusing on in the workshop?

If there are any specific concerns/topics regarding parenting, please list them here and we will try to develop curriculum that provides the most beneficial information and techniques to help.

