PARENTING 101

EDUCATION & SUPPORT WORKSHOPS

OVERVIEW OF THE GROUP:

A two-hour group that mixes education, activities, and discussion between parents of children with ADHD, suspected ADHD, emotional regulation struggles, or other diagnosed problems. Remember: None of us are bad parents - we just don't always have all the tools we need!

Starting Feb. 8 - Call 412-366-1300 to register!

2nd and 4th Wednesdays: 6:30-8:30 PM

SESSION TOPICS

ADHD, Executive Functioning & Brain Development: 2/8 & 4/26 & 5/31
Group consists of ADHD's biological factors and other common disorders impacting kids today. Plus, the development of the brain is discussed in a fun & accessible way to help parents understand children's capabilities.

Parenting Consistency: 2/22 & 5/10
Group discusses the importance of being consistent as a parent. There is a focus on tips to maintain consistency with today's modern lifestyle.

Communication With Family & Friends: 3/8 & 5/24
Group focuses on how to communicate with children so tempers don't escalate & kids want to keep talking. It will help parents help their kids understand social skills. Group also touches on social media use & using tech safely.

Stick + Carrot = Consequences: 3/22 & 6/14
Group covers the proper use of consequences and the difference between types of consequences versus punishment. Common parenting situations will be problem-solved to find solutions that work.

School Sucks, Sometimes: 4/12 & 6/28
Group conquers the struggles seen at school by discussing IEPs & 504s. We'll cover interventions that can be helpful in getting the needed adaptations at school & using them at home. Plus, social issues with peers will be discussed.

C·A·P·P
THE CHILD AND PARENT PLACE AT ANCHORPOINT

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