Parent Training Series 2021-2022 Every other Tuesday from 6:30-8:00pm via Zoom. Participants must pre-register.



Zoom link will be sent to all registrants in advance of each session.

September	•9/28	Introduction to Balanced Parenting & Dialectics
October		Mindfulness for Parents Emotional Competence: Emotion Regulation, Cope Ahead
November	•11/9 •11/23	Crisis Communication: Validation & Active Listening Stress Model of Crisis
December	•12/7	Skills for Breaking the Conflict Cycle
January	• 1/11 • 1/25	Distress Tolerance & Emotional First Aid Crisis Co-Regulation & Life Space Interview
February	• 2/8	Behavior Change: Positive Opposites, Hierarchy
March	•3/8 •3/22	Behavior Change: A-VCR & Contextual Factors Behavior Change: Prompting & Shaping Behavior
April	• 4/5 • 4/26	Behavior Change: Reinforcement Behavior Change: Punishment Restorative Justice
	• 5/10	Restorative Justice

May