

# Parent Training Series 2022-2023

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.



October

- 10/11 Introduction to Balanced Parenting & Dialectics
- 10/25 Mindfulness for Parents

November

- 11/8 Emotional Competence: Emotion Regulation, Cope Ahead
- 11/22 Crisis Communication: Validation & Active Listening

December

- 12/6 Stress Model of Crisis

January

- 1/10 Skills for Breaking the Conflict Cycle
- 1/24 Distress Tolerance & Emotional First Aid

February

- 2/7 Crisis Co-Regulation & Life Space Interview

March

- 3/14 Positive Opposites
- 3/28 A-VCR & Contextual Factors

April

- 4/11 Prompting & Shaping Behavior
- 4/25 Reinforcement

May

- 5/9 Punishment
- 5/23 Restorative Justice