

Parent Training Series 2023-2024

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	<ul style="list-style-type: none">• 10/10 Introduction to Balanced Parenting & Dialectics• 10/24 Mindfulness for Parents
November	<ul style="list-style-type: none">• 11/14 Emotional Competence: Emotion Regulation, Cope Ahead• 11/28 Crisis Communication: Validation & Active Listening
December	<ul style="list-style-type: none">• 12/12 Stress Model of Crisis
January	<ul style="list-style-type: none">• 1/9 Skills for Breaking the Conflict Cycle• 1/23 Distress Tolerance & Emotional First Aid
February	<ul style="list-style-type: none">• 2/13 Crisis Co-Regulation & Life Space Interview
March	<ul style="list-style-type: none">• 3/12 Positive Opposites• 3/26 A-VCR & Contextual Factors
April	<ul style="list-style-type: none">• 4/9 Prompting & Shaping Behavior• 4/23 Reinforcement
May	<ul style="list-style-type: none">• 5/14 Punishment• 5/28 Restorative Justice