



PARENTING DILEMMAS GROUP

An Informational & Educational Group for Parents, From Common Concerns to the Most Difficult Child Issues

Parenting doesn't always come easy! Some days, some children, some ages, and some issues can leave parents uncertain as what to do. This group provides expert advice on a breadth of parenting issues. Come to get help on current problems, or to be proactive and plan ahead for the most common problems seen at various ages.

PARENTING: YOU DON'T HAVE TO GO IT ALONE! JOIN IN FOR USEFUL INFORMATION & IDEAS, AND LIVELY DISCUSSION!

- This group is designed to:
- Help parents understand the roots of problem behaviors.
 - Provide information on parenting interventions found by research to be the most effective.
 - Help parents learn how to identify the parenting interventions, and rewards and consequences, that work best for their particular child.
 - Help parents learn how to promote healthy behaviors in children.
 - Provide parents with information on: building resilience in children, building self-esteem in children, raising children who make good choices, and how to prevent substance use in the teen years.

Through a combination of informational presentations on topics, and an open forum for discussing specific concerns about your child, we help parents develop a plan for tackling a variety of issues.

- When: Will run for 6 weeks, (typically concurrent with child or teen social skills groups).
- Where: Lepage Associates, 5836 Fayetteville Road, Suite 104, Durham. (Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
- Cost: \$75 per week, OR discount for paying in advance for all sessions \$425 total (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement). \$75 deposit required to reserve spot.

To Register: Download a registration form from our website; Call 572-0000; or email officemanager@lepageassociates.com
Space is limited so register now to reserve a spot!

www.lepageassociates.com

***Children's or Teens' Social Skills Group will run concurrent.** Improving social skills for children who are shy, socially awkward, reserved, have difficulty making and maintaining friendships, or have behavioral problems in groups.