



## **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](mailto:officemanager@lepageassociates.com)**  
**Space is limited so register now to reserve a spot!**

**[www.lepageassociates.com](http://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.