

 FREE!

PARENT CONVERSATION HOUR

FOR PARENTS OF YOUTH OF ALL AGES

EMPOWERING PARENTS, TRANSFORMING FAMILIES

Parenting can be challenging and at times overwhelming. COVID-19 poses its own set of challenges for parents: having to adapt to new roles as parent and teacher, creating new routines, and finding ways to keep family and friends connected. This group creates a platform for parents to be able to discuss challenges, create solutions, and develop skills to empower them as parents and create change within their families.

Topics Include:

- Coping with Stress & Anxiety as a Parent & Managing it in our Children
- Tools for Effective Communication
- Managing Conflict: How to Control and Express Your Anger Constructively
- Use of Appropriate and Consistent Discipline
- How to Strengthen Family Bonds
- Being A Good Role Model
- How to Prevent Substance Use in Your Family
- Open Discussion to address the needs of parents

Virtual Meetings

Monday 9AM – 10AM
Thursday 3PM – 4PM

Pre-Register on EventBrite.
Space is limited.

<https://www.eventbrite.com/e/parent-conversation-hour-tickets-105001089084>



Facilitated by BayCare Behavioral Health Community Health Activation Team Members.

