

Parenting Skills Class

Are you struggling to engage with your child or teen?

*Do you need tools and suggestions to find healing and hope
for your relationship and for his or her mental health?*

We invite you to join our **Parent Psychoeducational Class** at Christian Family Solutions, specifically designed to help you and your loved ones in the family environment.

In this group, our mental health practitioners will help you understand the brain development of children, how trauma and disrupted attachments can impact that development, and how emotional regulation of the brain can influence relationships and behavior. Participation in this group will equip and empower parents like you to become your child's greatest advocate, understanding his or her needs and meeting those needs.

- ✓ Develop secure and healthy attachments that promote healing
- ✓ Set appropriate boundaries
- ✓ Avoid ineffective parent-child struggles by learning to use healthy parenting strategies

This program is an outpatient psychotherapy group. It is intended to serve the families of teens with low-to-moderate risk, who need to build parenting skills through the educational and preventative services we provide.

WHEN: Tuesday evenings from 6 to 7:30 p.m. For the most benefit, parents are encouraged to attend sessions regularly.

WHERE: In-person in our [Lakeville location](#), 8670 210th Street West, Lakeville. A virtual option is also available.

DURATION: 12 weeks

TO ENROLL: If you were referred to this program, your provider will fill out a Referral Form and you will receive a call from CFS Intake to verify your start date. If you wish to self-refer, fill out the [Parenting Skills Group Enrollment Form](#) available on our website.

GROUP FACILITATORS:

Dr. Julieanna Bowen, PSYD, OTR/L, Program Director for the [ARMOR Day Treatment](#) for Teens at **Emily Carlberg**, Mental Health Practitioner, Parent Education & Adoption Resource Liaison Christian Family Solutions