



Parent Education Program-Please Join Us

This eight-session parenting skills program will support caretakers in learning more effective ways to handle difficult behavior, encourage positive behavior and manage children ranging from 2-12. This program will be based largely on concepts and techniques from Dr. Thomas Phelan's parenting book, "123 Magic: Effective discipline for children 2-12." Caretakers will also have the opportunity to interact with and share experiences with other parents.

Community Room; Hagaman Memorial Library; 227 Main Street, East Haven
Wednesday Evenings; 5:30-7:00 P.M.

February 17; February 24; March 3; March 10; March 17; March 24; March 31, 2010

There is no cost for this program. Light Refreshment Provided. **Registration is required.**
Please contact East Haven Youth Services, 468-3297 or ehc.bob@snet.net

Presented by Marissa Perrelli, LCSW. Marissa is currently employed as a psychotherapist at East Haven Counseling and Community Services. Her previous experience working with children and families is at the Clifford Beers Child Guidance Clinic and Youth Risk Reduction Center.

Issues to Be Addressed:

- Ways to manage and modify behaviors of children approximately age 2-12
- Ways to get your children to stop doing what you don't want them to do (Arguing, talking back, tantrums, etc)
- Ways to get your children to doing what you would like them to (Cleaning rooms, homework, etc)
- Ways to deal with testing and manipulation
- How to avoid the 'talk-persuade-argue-yell' syndrome
- How to use token or reward systems



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