

# PARENT INFORMATION NIGHT

6:30-7:30 PM

NOVEMBER 29<sup>TH</sup>

JANUARY 8<sup>TH</sup>

APRIL 8<sup>TH</sup>

## ◊ **SUPPORTING YOUR UPSET CHILD – 11/29**

Trying to offer support when your child is experiencing strong emotions like stress, frustration, anxiety or anger can feel like tiptoeing through a minefield. In this **interactive workshop**, Dr. Magen will share parenting techniques to help you be more effective and more relaxed when supporting your child. Dr. Magen will review practical techniques for **helping your child feel heard and cared for, so your child can feel better and think more clearly** - all while strengthening your relationship.

## ◊ **FOUNDATIONS OF GOODWILL: LESS CONFLICT, MORE COOPERATION – 01/08**

Tired of feeling like you're battling your child to do the right thing? In this highly interactive 90-minute workshop, you will learn and practice **conflict-free techniques** for boosting your child's motivation and cooperation. Reduce your own parenting stress while enjoying a **stronger, more cooperative relationship** with your child.

## ◊ **HELPING YOUR CHILD BUILD GOOD HABITS – 04/08**

Good habits are quite possibly the most valuable asset a child can have. But how can you help your child build good habits, without nagging or preaching, in a way that keeps you relaxed and strengthens your relationship? In this interactive session, we will go over **setting effective and realistic goals**, ensuring motivation and self-efficacy, and making the entire process enjoyable for both you and your child.

NOVEMBER  
REGISTRATION  
LINK

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### ABOUT THE INSTRUCTOR

Eran Magen, Ph.D., teaches clinicians, educators, and parents how to form stronger, more supportive relationships in their professional and personal lives. Eran received his Ph.D. in psychology from Stanford University and served as the research director for the department of Counseling and Psychological Services at the University of Pennsylvania. Learn more at <http://ParentingForHumans.com>.