



FUNDAMENTALS OF PARENTING GROUP

Do you want to find more effective ways of parenting?
Do you find yourself struggling when your child isn't doing what he or she is supposed to do at home or at school?

Do you wish you and your child could have more positive interactions and fewer negative ones? Tired of emotional meltdowns?

If you answered yes to any of these then you may find this **educational skills group for parents of any age** very helpful.



Discover ways to communicate that lead to positive interactions rather than fights with your child

Learn how to help your child handle his/her emotions

Learn strategies for getting kids to follow directions

Learn how to establish structure at home without feeling distressed

Nashville Child and Family Wellness Center

On Zoom

Tuesday's 12-1:00pm

Starting in October

6 sessions for \$300

If interested complete form with QR code:

