



Strategies for Parents with Children Ages 4-11

This group will help parents promote positive behavior, self-esteem, and healthy attachments in their children.

Group Sessions Will Help Parents:

- Develop healthier communication patterns with their child
- Learn strategies for promoting positive behavior
- Strengthen their child's self-esteem
- Understand expected behaviors at various stages of child development
- Create a home environment that is peaceful and loving
- Cope with the difficult life stressors that impact the family such as divorce, grief and loss, moving, bullying, and academic pressures
- Learn appropriate behavior management techniques and strategies

This group meets for 12 weeks at the In Step office in Sterling.

For more information please contact Margie Lang-Garnhart at (703) 433-5771 x 12