



## Parent Enrichment at Clara's House

**Description:** Discover the benefits of being supported and discussing new strategies with other parents. Parent Enrichment is an education and support group open to any parent/caregiver who has a child with behavioral health needs that is receiving care from a CentraCare program or provider. This is an opportunity for parents to feel encouraged and recharged by connecting with other caregivers who have been through similar experiences. Parents will also learn about effective parenting approaches backed by research while increasing their understanding of child and adolescent behavioral health.

**Schedule:** Parents attend one session per week on Thursday evenings from 5:00 - 7:00 p.m. Please see the official schedule on the next page for a list of specific dates and times.

**Program Length:** Parents complete the program after attending 8 sessions in total. Additionally, parents can join the group at any time. There are no specific start or end dates that need to be followed because the session topics are on a rotating schedule.

**Session Structure:** Each session will allow time for open dialogue followed by a more focused discussion on a specific parenting approach or topic related to child and adolescent behavioral health. Please see the other side of this page for more details on these specific topics.

**Location:** Sessions take place at Clara's House (1564 County Road 134, St. Cloud, MN 56303).

### To Register:

The Parent Enrichment Facilitator can be contacted directly at (320) 229-5128. Please provide your name and telephone number if leaving a voicemail. You may also send an email to [Parent.Enrichment@centracare.com](mailto:Parent.Enrichment@centracare.com) to begin the registration process or ask questions.

Parents must receive confirmation on the status of their registration prior to attending the group for the first time. Please note that there may be a waitlist depending on the number of participants currently registered. Parent Enrichment at Clara's House is being offered free of charge at this time. Participants will not receive a bill for attending.



### **Understanding Depression and Anxiety**

Depression and anxiety are intense feelings that many people experience at times throughout their lives. Children and adolescents experience these emotions as well. A deeper understanding of these concepts will help caregivers respond more effectively when encountering feelings of extreme sadness or nervousness.

### **Positive Communication and De-Escalation Techniques**

This session will introduce a number of communication techniques that can lead to improved interactions at home and help parents build stronger relationships with their children. Additionally, this session will also include a discussion on how to manage challenging behaviors and emotional outbursts in a positive way.

### **Adverse Experiences and Attachment**

This session will explain how adverse experiences can affect the brain, and how close relationships impact the way that children and adolescents respond to the outside world. A trauma-informed approach to understanding brain development will also be introduced so that caregivers can encourage healing and connection even in the midst of difficult behaviors.

### **Parenting with Love and Logic**

*Parenting the Love and Logic Way* will be introduced and discussed in this session. This approach to parenting provides practical, easy-to-use techniques that help prepare kids for the real world while assisting parents with developing healthy and respectful relationships with their children.

### **Parenting in the Age of Technology**

The use of electronics and social media can greatly influence the young, developing mind. The effects of screen time and peer influences in the context of adolescent development will be reviewed in this session in addition to discussing how parents can establish rules and provide guidance in these areas.

### **Family Relationships and Boundaries**

This session will consist of a discussion on the significant role that parents have in the family. The importance of maintaining a balance of structure and nurture while having healthy boundaries will be emphasized as well. The characteristics of strong families according to research will also be introduced.

### **The Role of Psychiatric Medication**

Children and adolescents can learn how to successfully manage their emotions in many different ways. Medications are tools that can help them achieve stability and emotional regulation as well. This is an opportunity for caregivers to learn about the role that medications can play in child and adolescent behavioral health so that they can better understand how to support the needs of their children.

### **Setting Limits and Reinforcing Positive Behavior**

A number of limit setting strategies will be introduced in this session. These techniques give parents simple and effective procedures for providing consequences and avoiding power struggles with both younger children and adolescents. This session will also include a discussion on how to increase compliance and create positive patterns of behavior in the home environment.



## Parent Enrichment at Clara's House

### *March and April Schedule*

#### Thursday Evening Sessions:

- **3/4/21 from 5:00 - 7:00 p.m.** – Positive Communication and De-Escalation Techniques
- **3/11/21 from 5:00 - 7:00 p.m.** – **\*No session this week\***
- **3/18/21 from 5:00 - 7:00 p.m.** – Adverse Experiences and Attachment
- **3/25/21 from 5:00 - 7:00 p.m.** – Parenting with Love and Logic
- **4/1/21 from 5:00 - 7:00 p.m.** – **\*No session this week\***
- **4/8/21 from 5:00 - 7:00 p.m.** – Parenting in the Age of Technology
- **4/15/21 from 5:00 - 7:00 p.m.** – Family Relationships and Boundaries
- **4/22/21 from 5:00 - 7:00 p.m.** – **\*No session this week\***
- **4/29/21 from 5:00 - 7:00 p.m.** – The Role of Psychiatric Medication

*Group Facilitator: Jeffrey Reed, MS, LMFT*

The next two-month schedule will be released in April

The latest schedule can also be accessed at the following web address:

[https://www.centracare.com/documents/Parent-Enrichment-Flier\[1\].pdf](https://www.centracare.com/documents/Parent-Enrichment-Flier[1].pdf)