



## Workshops for Parents

### Positive Behavioral Supports & Tantrum Management: Self-Preservation & Success in Parenting Children with Behavioral Health Needs”

Presented by: Diane Bouffard, Regional Parent Support Coordinator

Do you sometimes feel like you don't know how to help your child? Children with behavioral health needs do not come with a manual! This workshop will offer a framework to understand the nature of your child's behavior and methods to flexibly respond to the needs your child presents. Positive Behavioral Supports emphasizes practical ideas about how to meet your child where they are at and utilize their motivation to increase success. Understanding and using Stage of Change concepts, maximizing provider involvement and enhancing natural supports will be emphasized to provide usable tools that can be applied in a variety of real life situations. Temper Tantrums are disruptive behavior or emotional outbursts displayed in response to unmet needs or desires. Come and learn how to control your child's tantrums by using Behavior Management.

- Tuesday, February 7, 2012 from 6:30-8:00 p.m. at Alford Youth Center, 126 North St., Waterville
- Tuesday, February 14, 2012 from 6:00-8:00 p.m. at Crisis and Counseling, 10 Caldwell Rd., Augusta
- Tuesday, February 28, 2012 from 9:30-11:00 a.m. at Youth & Family Services, 5 Commerce Dr., Skowhegan

Workshops are free to parents/guardians/caregivers/educators of children with emotional and behavioral health needs.

You may register by phone at 1-800-264-9224; you may also fax this completed registration form to 207-626-3453 Attn: Carol Tiernan

I am a  Parent or  Professional (please check one)

Name: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Check here if you wish to be included on our email/ mailing list

Are you worried about your child's emotional well-being? Through parent-to-parent sharing of experiences and knowledge, G.E.A.R. empowers parents of children with behavioral health needs to build on their family's strengths and to advocate for their family's needs. Free services available to parents & caregivers include: information and support by phone, monthly support groups, education, health & legal trainings and social opportunities. We are

parents helping each other; we offer unconditional support - no blame, no shame and no judgment. We want you to know that you are not **ALONE!**



G.E.A.R. Parent Network is a Parent-to-Parent Network of Information & Support For Parents of Children with Behavioral Health Concerns, is a program of Crisis & Counseling Centers and funded by the Department of Health & Human Services, CBHS, United Way and Private Donations