

Parent Education and Training Classes

Mental Health 101

Who: All families who have gone through the psychosocial intake process for services in the Department of Psychiatry and are waiting for treatment or are in treatment are invited to participate.

Topics include:

- Introduction to mental health services and resources
- Strategies for connecting with children
- The behavioral escalation cycle
- Emotion coaching and skills
- Medicine: when is it helpful?

When: This is a 6 week series with classes on Mondays from 5:15 p.m. to 6:15 p.m. (subject to change). "Drop-in" space may be available but parents are encouraged to register for the entire series.

Payment: There is no cost to families.

Parents of Anxious Children

Who: Parents of children ages 6 to 12 who are experiencing severe anxiety.

When: This is an 8 week series with classes on Tuesdays from 5 p.m. to 6:30 p.m. (subject to change). Parents must pre-register for this class.

Payment: There is a fee.

Managing Disruptive Behaviors

Who: Parents of children ages 6 to 12 who have problems with self-control and disruptive behaviors.

When: This is a 6 week series with classes on Wednesdays from 5 p.m. to 6:30 p.m. (subject to change). Parents must pre-register for this class.

Payment: There is a fee.

Meal Support

Who: Parents of adolescents with eating disordered behavior. Space is limited to 4 families per class.

Topics: The class focuses on strategies to help your adolescent eat during family meal times.

When: This is a 4 week series with classes on Thursdays from 5 p.m. to 6:30 p.m. (subject to change). Parents must pre-register for this class.

Payment: There is a fee.

For more information or to have a registration packet mailed to you, please call our Psychiatry Support and Crisis Services Team at 206-987-7924.