

Is Child-Parent-Relationship (C-P-R) Training Right for You and Your Child?

As a parent do you feel like you have lost control?

Do you find yourself yelling at your child more often than laughing with your child?

Do you feel you have lost touch with your child...don't feel as close as you'd like?

Do you feel frustrated and find yourself saying the same things over and over again with no results?

Would you like for your relationship with your child to go back to the "way it used to be"?

**If you answered "Yes"
to any of these questions,
please read on...**

C-P-R Training (also called Filial Therapy) is a research-based, 10-week parenting course that teaches parents how to use some of the same skills that play therapists use to help children experiencing social, emotional, or behavioral problems.

Research shows that motivated parents can be as effective as a professional in helping their child.

How Can C-P-R Training Help?

In 10 weeks, you will learn how to:

Regain control as a parent

Help your child develop self-control

Effectively discipline & limit
Inappropriate behavior

Understand your child's emotional needs

Communicate more effectively with your
child

In 10 weeks, you will see a noticeable difference in:

Your relationship with your child

Your child's behavior

Your ability to respond effectively

Your confidence in your parenting skills

When are C-P-R Training Classes Held?

Tuesday mornings at 10:30 am

Classes generally meet weekly for 10
weeks for 90 minutes

Where are Classes Held?

Counseling Center at MHA
555 N. Woodlawn, Suite 102
Wichita, Ks 67208

How Do I Sign Up?

Space in the C-P-R training groups
is limited, so call

316-652-2590

TODAY
to reserve your spot
Appointments fill up quickly!

In Today's World...

**PARENTING
CAN BE
DIFFICULT**

...But there is no more
important role you play
than that of parent!

**WE CAN
HELP...**

Counseling Center at MHA
Mental Health Association of South Central
Kansas
555 N. Woodlawn, Suite 102
316-652-2590
www.counselingcenteratmha.com
www.mhasck.org

Child-Parent-Relationship (C-P-R) Training



**Learn the Keys to
Helping Your Child
Succeed
in School and in Life**



*A 10-Session Parenting Program
for parents of children
under 10 years of age*
