

Raising Challenging Children? First Put On Your *Own* Oxygen Mask



Parent Group Training

with

Sarah Wayland, Ph.D.

Guiding Exceptional Parents, LLC

www.raisingyourchallengingchild.com

Session Topics

- Know Yourself
- Improve Your Moods, Improve Your Behavior
- Pleasant Activities, Relaxation, & Mindfulness
- Constructive Thinking
- Stages of Your Journey
- Overcoming Your Fears
- Effective Communication

THIS 7-SESSION PROGRAM IS FOR PARENTS WHO WANT TO IMPROVE THEIR QUALITY OF LIFE.

PARTICIPANTS WILL LEARN HOW THEY CAN FEEL BETTER BY IMPLEMENTING TECHNIQUES FROM COGNITIVE BEHAVIOR THERAPY AND MINDFULNESS-BASED STRESS REDUCTION THERAPY - WHICH CAN REDUCE SYMPTOMS OF ANXIETY AND DEPRESSION.

It's *hard* to raise a challenging child! By learning how to balance your own needs with those of the rest of the family, you can be a better parent. During each interactive session, Dr. Wayland will provide methods for dealing with the stresses of raising kids and navigating challenges so you can be the guide you want to be.



Location:

**The Pediatric Development Center
12520 Prosperity Drive, Suite 210
Silver Spring, Maryland 20904**

Ample free parking. Conveniently located to Route 29 and ICC Route 200.

Winter 2017

Seven Wednesday night sessions

- **January 11, 18, 25**
- **February 1, 8, 15, 22**
7:30 – 9:00 pm

To Register, go to:

<http://tinyurl.com/2017OxygenMask> or <http://www.raisingyourchallengingchild.com>

To reserve your spot, mail check to: Guiding Exceptional Parents, 4711 Sheridan Street, Riverdale Park, MD 20737.

Suggested range: \$100 - \$200 for all seven sessions.

Those who can pay more, please help support those who can't.

Contact for more information: wayland@guidingexceptionalparents.com