

# Learn skills that will make a difference in your life and the life of your child.



## 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

**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.



## *Parenting Group For Parents of Children ages 3-9*

- Child-Parent-Relationship (C-P-R) Training
- 10 session program

*Provided by SteppingStones Counseling & Consulting of Charlotte*

**For registration & details, call SteppingStones at 704-523-4881**

  
**SteppingStones**

counseling & consulting of charlotte

Turning Obstacles into SteppingStones...

[www.steppingstonesnc.com](http://www.steppingstonesnc.com)