

COURAGEOUS PARENTING WORKSHOP: FOCUSING ON BIG EMOTIONS AND BEHAVIORS

PARENTING IS NOT FOR THE FAINT OF HEART. TO PARENT CHILDREN THROUGH BIG EMOTIONS AND BIG BEHAVIORS REQUIRES IMMENSE COURAGE.

PARENTS/CAREGIVERS WILL BE EQUIPPED WITH PRACTICAL STRATEGIES TO EFFECTIVELY DE-ESCALATE CHALLENGING SITUATIONS FOR THEIR CHILD AND GAIN TOOLS FOR HEALTHY COMMUNICATION.

**WHEN: THURSDAY, MARCH 19TH
FROM 6PM-8PM**

**WHERE: MERCY HEALTH'S
GRADUATE MEDICAL
EDUCATION CENTER
751 W. MARKET ST. LIMA, OHIO**

COST: FREE

WORKSHOP PROVIDED IN COLLABORATION WITH CORNERSTONE OF HOPE, THE UNITED WAY, MERCY HEALTH, THE OHIO PARENT MENTOR PROJECT AND THE ALLEN COUNTY ESC.

A LIGHT MEAL WILL BE PROVIDED.

PARENTS, CAREGIVERS AND PROFESSIONALS ARE WELCOME!

Have Questions?

Please Contact Michelle King at:

MICHELLE.KING@ALLENCOUNTYESC.ORG

OR

419.222.1836 EXT 114

 Ohio's Parent Mentor Project

 Cornerstone of Hope
Lima



SHANE DUMM IS A LICENSED PROFESSIONAL CLINICAL COUNSELOR. SHANE HAS BEEN IN THE FIELD OF MENTAL HEALTH FOR OVER 7 YEARS AND HAS WORKED AT CORNERSTONE OF HOPE AS A COUNSELOR SINCE 2021.

WITH SHANE'S HELP,

PARENT AND CAREGIVER'S WILL:

- LEARN THE NEUROSCIENCE BEHIND EMOTIONS AND BEHAVIORS**
- ACQUIRE EFFECTIVE COMMUNICATION TECHNIQUES**
- GAIN PRACTICAL DE-ESCALATION STRATEGIES**

PLEASE REGISTER BY USING THIS LINK OR QR CODE:

<https://docs.google.com/forms/d/e/1FAIpQLSc85EPKLXQOHCKZBZM-Z49RB-5V-CZFPT42M-OF2BJA8YMXQ/viewform?usp=sharing&oid=114330518096089559051>



 **MERCYHEALTH**

 **UNITED WAY**
Greater Lima