

# 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**



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/1FAIPQLSC85EPKLXQOHCKZBZH-MZ49RB-5V-CZFPT42M-OF2BJA8YMXQ/VIEWFORM?USP=SHARING&OUID=114330518096089559051](https://docs.google.com/forms/d/e/1FAIPQLSC85EPKLXQOHCKZBZH-MZ49RB-5V-CZFPT42M-OF2BJA8YMXQ/VIEWFORM?USP=SHARING&OUID=114330518096089559051)**



 **Ohio's Parent Mentor Project**

 **Cornerstone of Hope**  
Lima



 **MERCYHEALTH**

 **UNITED WAY**  
Greater Lima