

Raising Resilient Families

A 10-week Group Therapy Program for Parents of Children Ages 4-6 with Behavioral Difficulties

University of South Alabama

Are you a parent of a **child aged 4-6** struggling with **challenging behaviors**?

Join our Raising Resilient Families Program, designed to strengthen parent/child relationships & provide tools to manage and decrease difficult behaviors.

How does it work?

- Based on **Parent-Child Interaction Therapy (PCIT)**, an evidence-based approach to improve child behavior
- Learn strategies to increase positive parent-child interactions
- Develop techniques to manage challenging behaviors in real time
- Foster your child's emotion regulation & social skills



Program details:

- **Duration:** 10 weeks
- **Location:** USA Psychology Clinic
- **Cost:** \$5 per session
- Contribute to research, receive your therapy fees back **PLUS up to \$125!**
- **Format:** Weekly sessions with other parents
- **Start Date:** 1st group starts 10/22/2024, program will repeat every 8 weeks
- **Dinner & child activities included!**

Benefits:

- **Improve child behavior**, reduce tantrums, defiance & aggression
- Increase your confidence as a caregiver and learn skills for **long-term success**
- Build a **supportive community** with other parents

Scan QR code, contact the Healthy Youth & Families Lab at

(251) 460 – 7350, or email

resilientfamilies@southalabama.edu

