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FAMILY DYNAMICS

**STRENGTH BASED AND SOLUTION FOCUSED
FAMILY AND RELATIONSHIP BUILDING**

OBJECTIVE

Assist Parents to identify strengths in themselves and their children.

Creating new ways of dealing with difficult situations.

SKILLS

Parents will uncover strengths and skills that have been hidden.

Learn skills to cope with high emotions and difficulty in the family without losing control.

MEETING DATES AND TOPICS

JAN. 11TH 2018 5:00 – 6:00 PM

Topic: Relationship Adaptability and Cohesion

- Introduction and Relationship Building Skills

JAN. 18TH 2018 5:00 – 6:00 PM

Topic: Relationship Adaptability and Cohesion

- Communication: Assertiveness and Active Listening
- Motivation: What Motivates Us?

JAN. 25TH 2018 5:00 – 6:00 PM

Topic: Consequences and Reinforcement

- Finding Solutions
- Positive Parenting to Promote Positive Behavior

FEB. 1ST 2018 5:00 – 6:00 PM

Topic: Consequences and Reinforcement

- Importance of Natural Consequences
- Discovering Positive Techniques

FEB. 8TH 2018 5:00 – 6:00 PM

Topic: Consequences and Reinforcement

- Finding Solutions
- Positive Parenting to Promote Positive Behavior

FEB. 15TH 2018 5:00 – 6:00 PM

Topic: Understanding How We Are Made

- Understanding Emotions
- Stress Reduction

FEB. 22ND 2018 5:00 – 6:00 PM

Topic: Conflict Resolution

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YOUR NAME

**PROFESSION OR INDUSTRY | BASED AND SOLUTION FOCUSED
FAMILY AND RELATIONSHIP BUILDING**



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