



CENTRA CARE
St. Cloud Hospital

Clara's House | A Place to Find Hope
1564 County Road 134 | St. Cloud, MN 56303

Parent Enrichment at Clara's House

Description: Discover the benefits of discussing new ideas and strategies with other parents. *Parent Enrichment* is an education and support group open to any parent/caregiver who has a child with behavioral health needs that is receiving care from a CentraCare Health provider. This is an opportunity for parents feel supported and recharged by connecting with other parents who have walked the same road. Parents will also learn about effective parenting approaches backed by research and increase their understanding of child and adolescent behavioral health. Complimentary beverages and light snacks will be provided.

Schedule: Parents attend one session per week on Thursday evenings from 5:00 - 7:00 p.m. Please see the official schedule on the next page for a list of specific dates and times.

Program Length: Parents complete the program after attending 8 sessions in total. However, it is not necessary for parents to come to 8 sessions in a row in order to complete Parent Enrichment. Additionally, parents can join the group at any time. There are no specific start or end dates that need to be followed because the session topics are on a rotating schedule.

Session Structure: Each session will allow time for open dialogue followed by a more focused discussion on a specific parenting approach or topic related to child and adolescent behavioral health. Please see the backside of this page for more details on these specific topics.

Location: Clara's House, 1564 County Road 134, St. Cloud, MN 56303

To Register or Ask Questions:

The Parent Enrichment facilitator can be contacted directly at (320) 229-5128. Please provide your name and telephone number if leaving a voicemail. You may also send an email to Parent.Enrichment@centracare.com to begin the registration process or ask questions.

Parents must receive confirmation on the status of their registration prior to attending the group for the first time. Please note that there may be a waitlist depending on the number of parents currently registered. Parent Enrichment at Clara's House is being offered free of charge at this time. Parents will not receive a bill for attending.



Understanding Depression and Anxiety

Depression and anxiety are intense feelings that many people experience at times throughout their lives. Children and adolescents experience these emotions as well. Furthering your understanding of these concepts will help you respond more effectively when encountering feelings of extreme sadness or nervousness.

Positive Communication and Calming Strategies

This session will introduce a number of communication techniques that can lead to improved interactions at home and help parents build strong relationships with their children. Additionally, this session will also include a discussion on how to manage challenging behaviors and emotional outbursts in a positive way.

Adverse Experiences and Attachment

This session will explain how adverse experiences can affect the brain, and how early life relationships impact the way that children and adolescents respond to the outside world. A trauma-informed approach to understanding brain development will also be introduced so that you can help promote healing and connection even in the midst of difficult behaviors.

Parenting with Love and Logic

Parenting with Love and Logic will be introduced and discussed in this session. This approach to parenting provides practical, easy-to-use techniques that help prepare kids for the real world while assisting parents with developing healthy and respectful relationships with their children.

Parenting in the Age of Technology

The use of electronics and social media can greatly influence the young, developing mind. The effects of screen time and peer influences in the context of adolescent development will be reviewed in this session in addition to discussing how parents can establish rules and provide guidance in these areas.

Family Relationships and Boundaries

This session will consist of a discussion on the significant role that parents have in the family. The importance of using positive communication, establishing rules/boundaries, and maintaining a healthy balance of structure and nurture will be emphasized. The characteristics of strong families will be introduced as well.

The Role of Psychiatric Medication

Children and adolescents can learn how to successfully manage their emotions in many different ways. Medications are tools that can help them achieve stability and emotional regulation as well. This is an opportunity for parents to learn about the role that medications can play in child and adolescent behavioral health so that they can better understand how to support the needs of their children.

Setting Limits and Reinforcing Positive Behavior

A number of limit setting strategies will be introduced in this session. These techniques will give you simple and effective procedures for enforcing consequences and avoiding power struggles with both younger children and adolescents. This session will also include a discussion on how to increase compliance and create positive patterns of behavior in the home environment.



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May & June Schedule

Thursday Evening Sessions:

- **5/2/19 from 5:00 - 7:00 p.m.** – Positive Communication and Calming Strategies
- **5/9/19 from 5:00 - 7:00 p.m.** – Adverse Experience and Attachment
- **5/16/19 from 5:00 - 7:00 p.m.** – ***No session this week***
- **5/23/19 from 5:00 - 7:00 p.m.** – Parenting with Love and Logic
- **5/30/19 from 5:00 - 7:00 p.m.** – Parenting in the Age of Technology
- **6/6/19 from 5:00 - 7:00 p.m.** – Family Relationships and Boundaries
- **6/13/19 from 5:00 - 7:00 p.m.** – The Role of Psychiatric Medication
- **6/20/19 from 5:00 - 7:00 p.m.** – Setting Limits and Reinforcing Positive Behavior
- **6/27/19 from 5:00 - 7:00 p.m.** – Understanding Depression and Anxiety

Group Facilitator: Jeffrey Reed, MS, LMFT

The next two-month schedule will be released in June

The latest schedule can also be accessed at the following web address:

<https://www.centracare.com/app/files/public/7234/parent-enrichment-flyer.pdf>