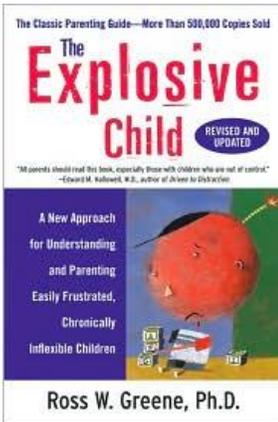


Helping the Behaviorally Challenging Child

6 Week Series of Classes starting Thursday, March 10th and ending April 21st, 2011

Register by Monday, March 7th, 2011

"This wonderful class has profoundly changed the relationship with me and my son – my husband, too. We talk more. He tantrums less. And he feels empowered – he owns the solutions and therefore works hard to carry it out. Thanks for teaching this class with such passion!" – Emily S



This 6 session program teaches parents & caregivers to understand and communicate with children in order to solve behavioral problems and build skills. This method works for children with many different disabilities, and also for children with no disability. It has been used successfully with children with *Autism Spectrum Disorders, ADHD, OCD, Bipolar Disorder, Oppositional Defiance and many more*. Weekly email consultation is included to address individual concerns.

You will learn:

- What's getting in your child's way
- Why traditional behavior plans aren't working
- Communication methods that will create solutions and foster independence
- Common roadblocks and how to deal with them
- How to help your child become a flexible, tolerant problem-solver

Based in part upon the Collaborative Problem Solving method developed by Dr. Stuart Ablon & Dr. Ross Greene, participants will receive a copy of the book, The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. For more information on this model, go to **Think:Kids – Rethinking Challenging Kids** at www.thinkkids.org "When adults re-think challenging kids, amazing things can happen."

Instructor: Sara Gardner is the parent of a formerly "challenging" child and has been a professional trainer for 25 years. She is on the Board of Directors for the Autism Society of Washington and ADD Resources. For more information on Sara & a class outline, go to <http://tinyurl.com/bcchild>

Class Dates: Thursday evenings, March 10th, 17th, & 24th; April 7th, 14th, & 21st

Time: 7:00 – 9:00 PM

Location: Lake Washington School District Resource Center (16250 NE 74th St., Redmond)

Fee: \$120 per person, add \$60 for co-parent. Course includes book & workbook.

Financial aid available upon request

To register for this class or questions, contact Joanne Hall, Chair, Parent Education at lwsdparented@gmail.com

Program organized by the Lake Washington PTSA Council

✂ _____ **Please Register** _____ ✂ _____ **Monday, March 7th, 2011** _____

Name(s): _____ Best Phone # for Contacting: _____

Children: _____ Age(s)/Grade(s): _____

School(s): _____

Email Address(es): _____

Please write your check for \$120 (\$180 for two family members) payable to:

LW PTSA Council, and send with this stub to:

Joanne Hall, Lake Washington PTSA Council, P.O. Box 97039, Redmond, WA 98073