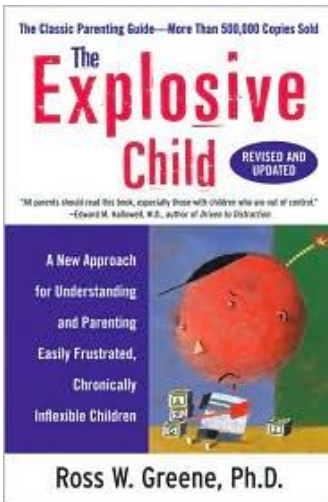


# Helping the Behaviorally Challenging Child

6 Week Series of Classes beginning Monday, October 18<sup>th</sup> & ending November 22<sup>nd</sup>

*Class size limited; Register by Wednesday, October 13th, 2010*

*"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 including flexibility, frustration tolerance and problem-solving. 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"* by Ross Greene.

**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.

**Class Dates:** Mondays, October 18<sup>th</sup> & 25<sup>th</sup>; November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>

**Time:** 7:00 – 9:00 PM

**Location:** Lake Washington School District Resource Center (16250 NE 74<sup>th</sup> St., Redmond)

**Fee:** \$120 per person, add \$60 for co-parent. Course includes book and workbook with handouts.

**For more information on this program or to enroll go to:**

<http://lwptsacouncil.schools.officelive.com/Documents/Helping%20the%20Behaviorally%20Challenging%20Child%20with%20Form%202010.pdf>

*Program organized by the Lake Washington PTSA Council*

**If you have questions or would like to pre-register, contact Joanne Hall, Chair, Parent Education at [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com)**