

Jay H. Berk, Ph.D. and Associates

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PARENTING YOUR CHILD AT ANY AGE

This is an educational group to assist parents of children at any age with issues ranging from family conflict, communication, flexibility, and parental disempowerment. The group will be facilitated by Deborah Weinstein, MA, LSW, LICDC, and overseen by Dr. Jay Berk. Mrs. Weinstein has over 16 years of experience working with children and their families in private practice with Dr. Berk. Dr. Berk has over 20 years of experience and facilitates 15 other groups.

Topics may include, but are not limited to:

- ***The Pancake Effect: How to de-escalate conflict**
- ***How to plan for your child to decrease reactivity**
- ***The importance of consistency, clarity, and enforceability**
- ***Strength-based interventions and Catching a Child Being Good**
- ***Role modeling and other ways to become more powerful**
- ***Anger and stress management techniques**
- ***How to increase flexibility and decrease obsessions**
- ***Intergenerational patterns and how they influence parenting**
- ***Communication: door openers and door closers**
- ***Tracking: how to make children "see"**
- ***Diet, nutrition, muscle contraction, and video games**
- ***The role of family meals, special time, and the importance of hobbies**

Groups will be ongoing on Saturdays for six week sessions.

FEE: \$150.00 FOR ALL SIX GROUPS

Payment must be made at the first group session.

Cash, check or credit cards will be accepted.

**Parents, step-parents, grandparents, and/or other caregivers
are all welcome**

FOR DETAILS AND ENROLLMENT

CALL: 216-406-4285 -or- e-mail dw4285@yahoo.com