



Parent Education and Support Group

For Parents of Children with ADHD, Oppositional Defiant Disorder, Conduct Disorder and other Behavioral Challenges

Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone!

USING THE EPIC MODEL CURRICULUM *Ready, Set, Parent!* The group will use an evidence-based parent education program developed to make parenting a positive experience.

- Positive discipline
- Establishing Routines
- Coping with Stress/ Helping Your Child to Cope
- Managing Anger
- Developing Healthy Friendships
- Setting Limits

**Starting January 23, 2012
11:15am to 1:00pm
One Cherry Lane, Ramsey, New Jersey 07446**

Group meets every other Monday

**For more information or to register for the group please contact our
Access Center 201-444-3550.**