

ADAPT

Adaptive Parenting Tools



Knowing how to help your child in difficult situations can be tough...

Join us for a 14-week

FREE Parenting Workshop!

You can learn strategies related to:

- Effective Discipline Techniques
- Emotion Regulation and Coaching
- Managing Family Conflicts
- Giving Effective Instructions
- Monitoring and Supervising Children
- Mindfulness and Stress Management

Call
(480) 965-7296
to reserve your
spot today!



SCAN ME

Beginning in late Sept/early Oct
Monday | 5:30-7:30 PM
ASU Clinical Psychology Center
1100 E University Dr, St. 116, Tempe