



Is Your Toddler or Preschooler Driving You Nuts?
Take a Break, Learn Some New Strategies, and Share Your
Experiences

Amy Hunter, LICSW presents

Understanding, Preventing and Addressing Your Child's Challenging Behavior

A 5-week series of one and half hour workshops (description
on back) designed for any parents interested in exploring
their own parenting practices and gaining new ideas

Dates:	October 5, 2009	7:00-8:30
	October 12, 2009	7:00-8:30
	October 19, 2009	7:00-8:30
	October 26, 2009	7:00-8:30
	November 2, 2009	7:00-8:30

Location: Healing Arts of Capitol Hill, 320 G St. NE

Cost: \$160 per/person for all five sessions for registration
before Sept. 30; (\$175. after Sept. 30th)
(Includes: light refreshments, handouts/reference
material for each session and limited follow-up
consultation via phone or e-mail)

To Register (space is limited to 11 participants):
Contact: Amy Hunter @ 202. 544.9389 or cell
617.571.6390 or amynhunter@comcast.net

To read more about Amy visit
www.healingartscapitolhill.com

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About the workshops:

- Registration for all five workshops is required
- Each session will build upon the previous session
- Each session will include a presentation of content, a review and discussion of the previous week's strategies, and a time for open discussion, questions, strategizing, and consultation

Session Topics:

1. Being More Aware of Yourself, Your Child, and both of Your Behavior
2. Techniques to Enhance Your Positive Relationships
3. Help Your Child Manage Emotions
4. Meet the Challenge: Understand and Address the Behavior
5. Putting it all Together: Develop an Individualized Plan

You will gain information and resources on:

- Reflecting on your parenting
- The meaning of behavior
- The power of your relationship with your child
- Enhancing your child's emotional literacy
- Helping your child recognize emotions
- Helping your child control impulses and problem solve
- Using different strategies to prevent the behavior
- How to respond to challenging behavior

What other parents have said:

"The strategies provided were really useful. "

"I had new insights on ways to respond to my child".

"Great content and well presented"

"Very practical applicable information– definitely worthwhile"

Amy Hunter is a Licensed Independent Clinical Social Worker (LICSW) who earned her Masters of Social Work degree at Boston University in 1995. Amy has 14 years of experience providing reflective supervision, consultation, and therapy to children, families, and adults who have experienced trauma, depression, relationship difficulties, parenting struggles, grief, stress and anxiety. For the last 3 years, Amy has provided training to parents and child care staff all over the country.

For more information please contact:

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