

Brave Parenting:

When what has always worked doesn't work anymore

Strategies for parents of ADHD, chronically inflexible, easily frustrated, explosive or highly emotional children and adolescents

Course curriculum will help families work on goals such as:

- Transitioning easily from one task to another
- Decreasing meltdowns
- Increasing social skills
- Effectively expressing frustration
- Increasing independent problem solving

Course Information:

- This course is a 9 week class
- Individual parent coaching and family sessions also available
- For details and registration, please contact Ashlyn Ayres Ellington:

aellington@peachtreedb.com

Course Curriculum based on:

Active Parenting by Michael Popkin, Ph.D.

Taming the Spirited Child by Michael Popkin, Ph.D.

Parenting a Child Who Has Intense Emotions by Pat Harvey, LCSW and Jeanine Penzo, LICSW

Treating Explosive Kids by Ross Greene, Ph.D. and Stuart Ablon, Ph.D.

The Explosive Child by Ross Greene, Ph.D.