

Sponsored by: LaneCare in partnership with Oregon Family Support Network (OFSN)

Living Better with Challenging Children

Presenters: Rick Chamberlain, Corey Jackson, Mark Beach

Workshop Overview

Living Better with Challenging Children is an interactive workshop focusing on identifying, strengthening and expanding the positive parenting practices that parents are already using with their challenging children. In this workshop parents will have the opportunity to identify their children's positive attributes and incorporate those strengths into their individualized plans for helping their children and themselves lead more fulfilling family lives.

Parents will receive workbooks for use in the workshop and as a take home tool. The workshop will include activities and exercises to identify, develop and strengthen existing skills and to practice new applications of skills with challenging children. We will be teaching skills that have been effective at helping kids manage their behavior and emotions and will help parents feel and recognize their strengths and successes as a parent.

Living Better with Challenging children is appropriate for any type of family group raising a child or youth who is behaviorally and/or emotionally challenging.

Presenters

Workshop presenters will be Corey Jackson, Crisis Program Supervisor and outpatient therapist; Mark Beach, Day Treatment Program Director and Rick Chamberlain from The Child Center. Corey, Mark and Rick all have their own children at various life stages and have worked professionally with challenging children and their families for many years. Most importantly they work from a position of building on strengths and resources that children and families already have.

WHEN: Monday, March 17th from 9:00 to 1:00 in Room 198

Registration from 9:00 to 9:30

(Refreshments provided)

WHERE: Lane County Mental Health

2411 Martin Luther King Jr. Blvd.

Eugene, OR 97401

Public Parking available

If you would like to attend this workshop, please register with Mari Jones at LaneCare at (541) 682-7584 or at mari.jones@co.lane.or.us

There is no cost to attend this workshop