

PARENTING BAFFLING BEHAVIORS:

A BRAIN-BODY APPROACH

Designed to help foster and adoptive parents gain practical strategies to understand and manage your child's complex behaviors with confidence and compassion. As we work through applicable topics to grow your parenting approach, we will also find support and encouragement in other parents walking the same road.

8 WEEK GROUP

Starting October 3rd

Thursdays,

10:00-11:30am

Located in Glendale, AZ

Email info@arrowheadfamilysystems.com for information or to register.



Goals for our group:

- Understand behavior as communication
- Understand, as parents, how we are affected by our child's behaviors
- Build your child's co-regulation and regulation skills
- Foster parent/child connection
- Develop trauma-informed parenting skills
- Build your child's resilience and emotional intelligence

Led by Amanda Strohschein,
adoptive mom and MFT Intern