

COPPER COUNTRY MENTAL HEALTH
SERVICES INSTITUTE

Parenting Wisely Program

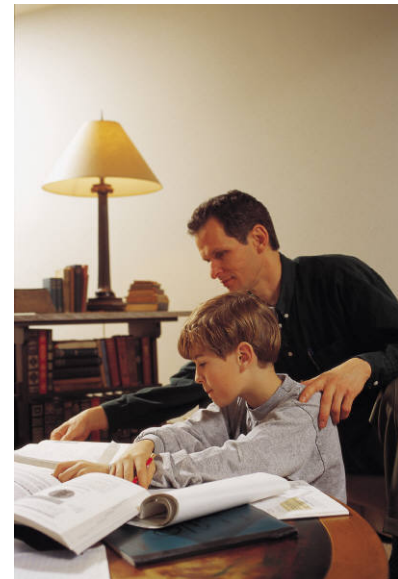
- Parents of youth 10-14
- Computer based
- Easy to complete
- FREE
- Interactive
- Individualized

Addresses issues like:

- Getting chores done
- Fighting with siblings
- Playing music too loud
- Finishing homework

Techniques utilized:

- Assertive Discipline
- Contracting
- Using "I" Statements
- Active Listening



Research indicates Parenting Wisely will reduce children's aggressive and disruptive behaviors, improve parenting skills, enhance family communication, and improve problem solving skills for parents and children.

PROGRAM CAN BE COMPLETED IN
ONE - THREE SESSIONS

Please contact to schedule a session:

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