



Here is what parents who have completed the program have to say:

- *The tools I was provided are worth so much more than 16 hours of my time- it will last me a lifetime and create an amazing family. The program was easy and fun!*
- *I knew my parenting tool belt was pretty empty. I signed up for the course to get more tools, but walked away with a new understanding of parenting and a better relationship with my child. It's such a small investment of time for the long term benefits I got for my family. Thank you!*
- *This class has helped us reduce negative behaviors and create fun memories together. We have a closer and better relationship.*

HELP FOR PARENTS...BECAUSE KIDS DON'T COME WITH INSTRUCTION MANUALS

Have you ever been stumped about how to handle your child's behavior?
You're not alone.

Parenting is the most challenging job that you'll never receive formal training for," says Gundersen child and family therapist Jeff Reiland. "Because kids don't come with instruction manuals, it helps to have the best parenting strategies available."

That is why Gundersen Health System offers a FREE program called Parents Raising Resilient Children. The program is based on the ACT Raising Safe Kids Program and equips parents with effective strategies to raise healthy and resilient children.

This is a flexible program. Parents can start at any time in the program cycle and attend only the topics of interest but are encouraged to attend all eight classes. The program is repeated five times throughout the calendar year. Online registration is required for each class.

Fall classes are on Tuesdays from 6 to 8 p.m. (Sept. 8 – Oct. 27 and Nov. 3 – Dec. 22) at the Gundersen Onalaska Clinic. Please check the registration website for specific class dates.

Fall 2015 Classes

- Understanding Your Child's Behavior
- Young Children's Exposure to Violence and Trauma
- Understanding and Controlling Parents' Anger
- Understanding and Helping Angry Children
- Children and Electronic Media
- Discipline and Parenting Styles
- Discipline and Positive Behaviors
- Overcoming Barriers to Change and Making Change Last

A companion program, designed specifically for kids ages 3–10, will be held at the same time and location. Children will learn about friendship, emotions and problem solving through cooperative games, activities and craft projects each week.

Space is limited, so register at gundersenhealth.org/behavioral-health (look for "Classes & Events" in the right side of the page) or call the Parent Education Line at (608) 775-4419.

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