

Tantrums, Meltdowns, and Rage: Parenting Strategies for Calming the Storm



For parents of school-age children and teens who are prone to emotional outbursts.

Learn how to:

- *Review strategies for catching your child before the storm.
- *Calm your child if he or she has already passed that “critical window.”
 - *Prevent future meltdowns from occurring.
 - *Stay calm yourself, even if your child explodes.

Parents of children 5-11 years: 3 Mondays, April 9, April 23, May 7 from 6:00 – 8:00 p.m.

Parents of teens 12 and older: 3 Mondays, April 16, April 30, May 14 from 6:00 – 8:00 p.m.

Cost for all three sessions: \$180

Register by phone (503-452-8002) or online (childrensprogram.com)

Parents and guardians only; No childcare provided

With **Ally Burr-Harris, Ph.D.** at Children’s Program