

## Is Child-Parent-Relationship (C-P-R) Training Right for You and Your Child?

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As a parent do you feel like you have  
lost control?

Do you find yourself yelling at your  
child more often than laughing with  
your child?

Do you feel you have lost touch with  
your child...-don't feel as close as  
you'd like?

Do you feel frustrated and find  
yourself saying the same things over  
and over again with no results?

Would you like for your relationship  
with your child to go back to the "way  
it used to be"?

**If you answered "Yes"  
to any of these questions,  
please read on...**

C-P-R Training (also called Filial Therapy) is  
a research-based, 10-week parenting course  
that teaches parents how to use some of the  
same skills that play therapists use to help  
children experiencing social, emotional, or  
behavioral problems.

*Research shows that motivated parents can  
be as effective as a professional in helping  
their child.*

### How Can C-P-R Training Help?

In 10 weeks, you will learn how to:

Regain control as a parent

Help your child develop self-control

Effectively discipline & limit  
Inappropriate behavior

Understand your child's emotional needs

Communicate more effectively with your  
child

In 10 weeks, you will see a noticeable  
difference in:

Your relationship with your child

Your child's behavior

Your ability to respond effectively

Your confidence in your parenting skills

### When are C-R-R Training Classes Held?

Wednesdays from 1:30pm to 3:30pm  
Beginning 6/8/2022

Classes generally meet weekly for 10  
weeks for 1  $\frac{1}{2}$  - 2 hours

### Where are Classes Held?

Wasatch Behavioral Health  
American Fork Family Clinic  
578 E. 300 S. American Fork  
(801) 763-5010

### How Do I Sign Up?

Space in the C-P-R training groups  
is limited, so call

**Sheri Rowley  
(801-763-5010)**

**TODAY**

(or give your name to the secretary)  
to set up an appointment  
to reserve your spot.  
Appointments fill up quickly!

In Today's World...

**PARENTING  
CAN BE  
DIFFICULT**

...But there is no more  
important role you play  
than that of parent!

**WE CAN  
HELP...**

Sheri Rowley  
801-763-5010

Here's what other parents  
have to say about CPRT:

"Give it a try for 6 weeks. You'll be amazed at the changes that can occur in your child."

"I feel the CPR Training has helped me enjoy being a parent. Before I came to class I really didn't like my role as parent and I felt my child could feel how I was feeling. Now my child seems so much happier and more loving. I feel like this change is because I have developed the skills I need to be a better parent and to develop a loving relationship with my child. I now love being at home with my little girl where before I hated it. Thanks for having the class."

"I am really enjoying my kids so much more and am able to feel more confident of my parenting skills."

"I never thought that playing with my child would make that much difference."

"I had no idea how this would change our lives. I still can't believe that spending 1/2 hr a week in this way would change the dynamic in our home. Thanks so very, very much for what you have taught us. Changed us forever!"

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**Child-Parent-Relationship  
(C-P-R) Training**



**Learn the Keys to  
Helping Your Child  
Succeed  
in School and in Life**

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*A 10-Session Parenting Program  
for parents of children  
under 10 years of age*

*Skills can be adapted for use with  
older children*