

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

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!"

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



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

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

*Skills can be adapted for use with
older children*