

Refining Effective Parenting And Improving Relationships **Unlocking Successful Parenting**

Join Our **FREE** Evidence-Based Intervention!

Empower your parenting journey with proven strategies

Location: **UHCL Arbor Building**



PROVEN EFFECTIVENESS:

Backed by extensive research, our Parent Management Training has shown significant improvements in child behavior and family dynamics



TAILORED FOR AGES 6-12:

Addressing the specific needs of children in this crucial age range, our program focuses on age-appropriate techniques to maximize effectiveness

INTERACTIVE WORKSHOPS:

Engage in dynamic workshops that provide hands-on experience and opportunities for peer learning. Share your experiences and learn from others in a supportive community



SKILLED FACILITATORS:

Our team of experienced facilitators will guide you through the program, offering personalized support and expertise



COMMUNICATION SKILLS:

Learn effective communication strategies to build a stronger connection with your child



POSITIVE REINFORCEMENT:

Discover techniques for reinforcing positive behavior and managing challenging situations

CONSISTENT DISCIPLINE:

Establish consistent and fair discipline strategies that promote a positive family environment



STRESS MANAGEMENT:

Develop coping mechanisms to navigate the challenges of parenting and reduce stress



Ready to embark on a transformative journey?
Join us in the Parent Management Training program and experience positive changes in your family dynamics!

SIGN UP TODAY

(uhcl.sail@gmail.com)

● 281-283-3416



Join our **FREE** group for Spring 2026!

ANY INDIVIDUAL REQUIRING AN ACCOMMODATION IN ORDER TO PARTICIPATE IN THIS EVENT OR UTILIZE THESE SERVICES WILL NEED TO CONTACT THE STRESS ASSESSMENT AND INTERVENTION LAB AT UHCL.SAIL@GMAIL.COM IN ADVANCE.

NEITHER THIS ORGANIZATION NOR THIS EVENT IS SPONSORED, ENDORSED OR OTHERWISE AFFILIATED WITH CLEAR CREEK ISD