

Family Services of the North Shore



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

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

Child Parent Relationship Therapy (CPR-T) *A unique training group for parents of kids ages 3-9 years*

CPR-T gives you the keys to better understand your child's inner world and teaches you to use play-based therapeutic interventions at home.

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

In 10 weeks, you will see an **improvement in:**

- Your relationship with your child
- Your child's behavior
- Your ability to respond effectively to your child's needs
- Your confidence in your parenting skills and role
- Your child's ability to accept and respect limits

Group Details

Dates: 10 Tuesdays, January 19 – April 5, 2015
(no classes during March break)

Time: 12:30-2:30 p.m.

Location: Family Services of the North Shore

Cost: \$475 **Some insurance providers will cover. Fee reduction available

Requirements

Parents must:

- Have a desire to work in new ways to strengthen parent-child relationship.
- Come in for an intake meeting with a facilitator prior to the group.
- Have at least one child aged 3-9 years.

Co-Facilitators

Erin Bruchet – *M.Ed., Registered Clinical Counsellor (R.C.C.)*

I-Ki Atkin – *M.C., Registered Clinical Counsellor (R.C.C.)*

To Register/For More Information

Call 604-988-5281, ext. 307, or email bruchet@familyservices.bc.ca

Family Services of the North Shore

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