

Step Up Family Services



Every journey begins one step at a time

Join us for this **FREE 2-part series**

Wednesdays, April 24th and May 1st

6:30 pm – Networking, 7-8 pm - Presentations

April 24

Applied Behavior Analysis (ABA)

Learn about the origins of ABA, its roots in psychology, and where we are now with a kinder, gentler approach in the analysis and treatment of challenging behavior. Take home a few basic and simple strategies that you can implement right away to help improve yours and your loved ones quality of life.

Sign-up:



May 1

Take ACTION

Acceptance and Commitment Training (ACTr) is a variation of Acceptance and Commitment Therapy (ACT) adapted for uses in non-clinical settings. Learn the six psychological processes to enhance your psychological flexibility and bring awareness to your own behaviors and lend context to the behaviors of others.

Sign-up:



For more information email:
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