



Empowering Parents Workshop

Behavior Management Strategies

A FREE virtual presentation on strategies to address negative teen behaviors at home

The workshop is intended for caregivers or parents only

Benefits

For DuPage County Residents



Resource Guidebook

Parents that attend can request a copy of a resource guidebook that includes information and usable documents discussed in the workshop.



Free Home Drug Test

Participants can request a **FREE** home drug test upon completion of the workshop to use with their new skills!



One-on-one Consultation

Parents of **legally-involved youth** can request a follow up meeting to discuss how to implement strategies, review plans developed by parents, or generally feel supported.



Parent Incentives

Parents can request a gift card for gas or groceries. (One per family)



Save the Date!

**Odd
numbered
months only**

6PM -7:30PM

3rd Thursday of
the month

**Register by scanning the QR code below
Workshop hosted via Zoom**

**Parents from any county welcome to attend for
FREE education**

Learn Strategies to:

- Encourage behavior change
- Increase parental consistency
- Decrease parental exhaustion
- Address substance use
- Decrease aggression at home

Build Parenting Skills to:

- Identify warning signs
- Reinforce behavior
- Increase safety
- Feel in charge

Register Using the QR Code

**Presented by
Strong Roots Family Therapy Program**

**Questions? Email:
familytherapy@dupagecounty.gov**

SCAN ME

