

Parenting Group

Who: Open to all parents or people in parenting roles. Led by Michelle Buxton.

When: Tuesdays at 5:15 PM

Where: Virtually (for now)

What: This is a 13-week rolling admissions group where participants “graduate” after completing all of the curriculum.

Group Topics include:

1. What's the relationship got to do with it?
2. The impact of trauma
3. Social learning theory and tracking behaviors
4. Power of praise and daily check-in
5. Giving effective instructions
6. Developing meaningful house rules
7. Understanding the Conflict Cycle
8. Avoiding Power Struggles
9. Implementing effective consequences
10. Preparing Youth for their Future
11. Strengthening Family Communication
12. Enhancing Problem Solving
13. Taking Care of Yourself



Please email jamie.l.king@lahey.org and Michelle.buxton@lahey.org to make a referral