Options Counseling and Family Services

Parenting Through Change™

When life transitions and hardships happen, families need support.

Parenting Through Change™ is an evidence-based, hands-on, 10-week group for caregivers of children with challenging behaviors. Participation in PTC will enhance existing skills, as well as offer hope, support and new parenting strategies.

PTC is tailored for mental health and behavioral problems in youth ages pre-K through adolescence, and supports families in facing complex challenges:

- Defiance and Aggression
- Delinquency
- Hyperactivity
- School Difficulties
- Problems with Peers
- Depression and Anxiety

PTC is for: **Parents of elementary and middle school youth** who would benefit from support in managing their children's behaviors and increasing school success.

Group Meeting Details: 90 minute, weekly virtual (Zoom) meetings for 10 weeks. Zoom link will be sent once enrolled in group. Groups are recorded for facilitator training purposes.
- Thursdays 10 – 11:30 AM (Jan 14 – Mar 18)

Why join? Receive support from fellow parents, learn new skills in a low-stress environment, receive resources, and improve your connection with your child, chance to **win gift cards**.

Eligibility: FREE for families with OHP coverage; inquire for private insurance.

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Contact your local office or speak with your provider for a referral

Portland: 503-335-5975 Eugene: 541-687-6983

North Salem: 503-390-5637 South Salem: 503-951-628