

# Core Skills for Effective Parenting

## The Parenting Course You Don't Want To Miss!

In the **Core Skills** course you will learn evidenced-based Dialectical Behavior Therapy (DBT) techniques to foster positive relationships & decrease challenging behaviors in your child by:

- ✧ Understanding & managing emotions more effectively
- ✧ Improving attention & focus in your parenting
- ✧ Enhancing communication & understanding
- ✧ Learning proven behavioral techniques

Dates: Tuesdays  
4/23, 4/30, 5/7, 5/14  
Time: 9:15-11:00am  
Location: Chatsworth School  
Room 212  
Cost: \$250 for all 4 sessions  
Instructors: Robin Linder, LCSW  
Katie Sawyer, Ph.D.  
\* Scholarships are available, please contact  
ksawyer.lmccc@gmail.com

Reserve your spot **NOW!**  
Space is limited.  
email  
Katie Sawyer, Ph.D.  
([ksawyer.lmccc@gmail.com](mailto:ksawyer.lmccc@gmail.com))

Evening sessions available based on demand. If interested, please contact Katie Sawyer.

### Testimonials:

*"These skills really work! I'm so glad I decided to take this course." -JC*

*"Excellent skills & helpful advice to deal with a challenging child and myself." -KA*



The door is open...