



New Parent Group Strategies for Parents with Children Ages 3-12

This group will utilize collaborative problem solving and other skills building strategies to promote growth and change in families with a “difficult” or explosive 3-12 year old child.

Group sessions will focus on:

- **Developing healthier communication**
- **Promoting flexibility and frustration tolerance in children**
- **Identifying triggers of problems**
- **Understanding child behavior**
- **Enhancing mastery at home**
- **Improving attachment**
- **Increasing harmony among family members**

This group will meet for 8-10 weeks on Fegan 8 at Boston Children’s Hospital. The group will run on Mondays at 12, with the exception of legal/ school holidays, from 12:00-1:00. The group will start January 28, 2019. A second group will run on Fridays from 10:00-11:00 starting in early February..

For more information, please contact Dr. Elisa Bronfman at 617 919 2182.