

Times & Dates

Group Session for Parents of Children Ages 5 – 11

Session #1:

Wednesday evenings, 7:00 p.m. – 8:30 p.m.

November 7th, 14th, 21st, 28th, & December 12th, 2007

OR

Session #2:

Wednesday evenings, 7:00 p.m. – 8:30 p.m.

February 6th, 13th, 20th, 27th, & March 12th, 2008

Group Sessions for Parents of Youth Ages 12 – 18

Session # 1:

Mondays, 1:30 p.m. – 3:00 p.m.

November 5th, 12th, 19th, & December 2nd, 2007

Session #2:

Saturdays, 3:00 p.m. – 4:30 p.m.

January 12th, 19th, 26th, & February 9th, 2008

Registration & Fees

Parents should call the offices of Dr. Moser and Associates at (204) 477-8555 to schedule register for the groups. Advance pre-registration is required for each of the groups. Registration closes one week prior to the start of the first group session.

Fees are \$90.00 for each of 1 1/2 hour sessions of the Parenting Group (for a total of \$450.00 for the 5-session group and \$360.00 for the 4-session group), payable in advance of the Group sessions. Payment methods are Cash, Cheque, Visa, and Mastercard. Individuals with Extended Health Care benefits may be eligible for reimbursement for a majority, if not all of the fees. Check your benefits to determine whether you are covered for the services of a 'Registered Clinical Psychologist'. Call us to determine how your coverage can be applied to the fees.

DR. CATHY MOSER AND ASSOCIATES

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

Also available on premises:

Speech and Language Therapy Service.

The F.A.S.T. program, which is an individualized reading program geared towards children who experience difficulties in Reading. The program is offered through The Laureate® Learning Centre, a branch of The Laureate® Academy. For more information, call our offices

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

**Phone: (204) 477-8555
Fax: (204) 487-4248**



**3-1250 Waverley Street
Waverley at Buffalo Place**

www.drcmoser.com

PARENTING SKILL GROUPS

Groups for Parents of Children and Teens Ages 5 through 18



Facilitated by:

Dawn Hanson, M.A., C.S.C.,

Sharon Goszer-Tritt, Ph.D., C.Psych.,

Cathy Moser, Ph.D., C.Psych.

If children were delivered with instruction manuals, we probably wouldn't need parenting groups. Fortunately and unfortunately, each and every child is unique – so there is no one universal manual. However, by attending Parenting Skill Groups, you can learn more about the developmental stages that your child is going through, as well as some of the tried and tested parenting techniques that have been refined by professionals over the years. You will also have opportunity to compare notes with other parents, who – believe it or not – have been through some of the same predicaments that you have found yourself in with your child.

Two group sessions will be offered – one for parents of children who are 5 to 11 years old, and one for parents of children 12 years and older. If you have children in both age ranges, you are welcome to register for both. It is beneficial for both parents to attend sessions; however, participation by one parent is much better than none!



Parenting Groups for Parents of Children Ages 5-11

This group will run for 1 1/2 hours on five Wednesday evenings. There is a maximum of eight members per session. Although many new skills will be taught, there will also be time for discussion between group members. If there are special topics or issues that group members want to address, these will be added to discussion if there is consensus.

The general format of the group is as follows:

1. The first session will explore individual goals that parents might have for participating in the sessions. We will also look at parenting goals in general, and the various underlying philosophies of parenting.
2. In the second session you will learn two very powerful parenting techniques. Reward systems can be used from toddlerhood to the day that your child moves out of your house. The 1-2-3 Magic System will give you a technique for effective discipline as well as a method to de-escalate emotion when conflict occurs.
3. The third session will focus on developing both listening and communication skills. Mutual respect between parent and child is a goal worth pursuing, and the roads to this goal will be explored. We will also help you work towards your goal of developing capable and responsible children.
4. In the fourth session, we will look at issues of sibling rivalry if this is a concern for group members. We will also discuss the ways that parents can foster self-esteem.
5. There will be a break between our fourth and final session to allow you to practice some of the skills you have learned, and to formulate any questions that arise. We will address special topics such as: signs of Depression; Attention Deficit Hyperactivity Disorder; when to take action around school problems; and, social difficulties that arise over the years.

Parenting Groups for Parents of Teenagers Ages 12 – 18

This group will run for 1 1/2 hours on four afternoons. There is a maximum of eight members per session. Although many new skills will be taught, there will also be time for discussion between group members. If there are special topics or issues that group members want to address, these will be added to discussion if there is consensus.

The general format of the group is as follows:

1. In the first session we will discuss the primary role of the parent of an adolescent. We will then focus on an examination of what is 'normal' adolescent behavior and the characteristics you can expect to see in the 'average' teenager. This background will help you to develop realistic expectations of your children, and interpret their behavior accordingly.
2. In the second session, we will look at issues pertaining to communication and safety. The three big safety issues are Driving, Drugs and Alcohol Use, and Sex. We will also discuss the importance of control/balance in your relationship with your teenager. The four cardinal sins of parent-teen interactions will be discussed, as will guidelines for living more harmoniously together.
3. The third session is designed to help you assess how well you handle normal irritations as well as the bigger problems. Are you a 'dumper'? Do you 'displace' or 'instigate' war? From there we will move to what you, as a parent, are supposed to do. This will include a focus on understanding your job and helping you decide which role to take.
4. There will be a break between the third and fourth sessions to allow you time to practice new skills, and to come back with any questions about your practice. As well, if there are special topics that you would like to have discussed, these can be brought up at the end of the third sessions, and addressed in the fourth. The focus of the fourth session will be on the six styles of testing and manipulation.

Cathy Moser, Ph.D., C.Psych.

Dr. Moser is a Clinical Psychologist with a private practice in Winnipeg. She has been practicing as a Psychologist since 1986. Dr. Moser brings to the practice ten years of experience in the School System and many years of experience in private practice. She combines Cognitive Behavioural and short-term solution focused therapies to provide a unique blend of therapy that gives clients a skill set that is used to solve problems that are encountered as roadblocks to happiness. In her practice, she has had the opportunity to treat children with Mood Disorders, Anxiety, Academic, and Behavioural Problems. She also treats adults experiencing Anxiety, Depression, Addictions (smoking, eating, gambling etc.), and, Relationship Issues.

Sharon Goszer Tritt, Ph.D., C.Psych.

Dr. Goszer Tritt is a Clinical Psychologist with an extensive background working with children, adolescents, and adults with a wide variety of problems. She has practiced Psychology for over 25 years, having worked in the school system, the medical system, and within the community. Dr. Goszer Tritt has worked extensively with adolescents in several High Schools over the past years. She has a special interest in the treatment of Anxiety and Depressive Disorders, Stress, Coping with Medical Illness, Adolescent Issues, Parenting, Women's Issues and Grief/Bereavement. Skilled in a variety of treatment approaches, she has particular expertise with the application of cognitive behavioural principles to a variety of different difficulties in living.

Dawn Hanson, M.A., C.S.C.

Dawn Hanson is a School Psychologist, and she has been practicing within the school system for many years. She has extensive experience assessing and treating children with academic and behavioural challenges. Dawn is also trained in and is an accredited practitioner and leader of Triple P Positive Parenting Groups. She has worked extensively with both children and parents to create positive changes at school and in the home.