

Is C-P-R Relationship (C-P-R) Training Right for You and Your Child?

As a caregiver do you feel like you have lost control?

Do you find yourself yelling at your child more often than laughing with your child?

Do you feel you have lost touch with your child...don't feel as close as you'd like?

Do you feel frustrated and find yourself saying the same things over and over again with no results?

Would you like for your relationship with your child to go back to the "way it used to be"?

**If you answered "Yes"
to any of these questions,
please read on...**

C-P-R Training (also called Filial Therapy) is a research-based, 8-week parenting course that teaches caregivers how to use some of the same skills that play therapists use to help children experiencing social, emotional, or behavioral problems.

Research shows that motivated parents can be as effective as a professional in helping their child.

How Can C-P-R Training Help?

In 8 weeks, you will learn how to:

Regain control as a caregiver

Help your child develop self-control

Effectively discipline & limit inappropriate behavior

Understand your child's emotional needs

Communicate more effectively with your child

In 8 weeks, you may notice differences in:

Your relationship with your child

Your child's behavior

Your ability to respond effectively

Your confidence in your parenting skills

When are C-R-R Training Classes Held?

Thursdays from 5:30 – 7:30pm

Classes will meet weekly for 8 weeks for 2 hours

Where are Classes Held?

Husky Academy
9229 Lackland Road
Overland, MO 63114

How Do I Sign Up?

Space in the C-P-R training groups is limited, so text or call

Breon Rose at 872.216.1296

TODAY

to set up an appointment to reserve your spot.
Appointments fill up quickly!

Note: Through special grant funding, this program is offered free of charge for a limited time. In fact, you can receive up to \$70 in gift cards for attending all of the course and completing questionnaires.

In Today's World...

**PARENTING
CAN BE
DIFFICULT**

...But there is no more important role you play than that of parent!

Project Led by
Dr. Emily Brown
Assistant Professor of Counseling

UMSL | Education
University of Missouri–St. Louis

To be eligible:

1. You're the parent or guardian of a child between the ages of 3-12 and the child has a parent in prison
2. Your child is having social-emotional or behavior problems at home or school
3. You can read, speak, and write in the English language
4. You can attend 8 group sessions
5. You and your child are not receiving other counseling services at this time

You will receive:

1. Free parenting program to help you and your child
2. Up to \$70 in Walmart gift cards for full participation
3. Free childcare for children ages 2-12 during the group meetings
4. Dinner during the group
5. Toy kit (\$50 value)
6. Metro pass to group (if needed)

**Child-Parent-
Relationship
(C-P-R) Training**



**Learn the Keys to
Helping Your Child
Succeed
in School and in Life**

*An 8-Session Parenting Program
for caregivers of children
between ages 3-12 with
incarcerated parents*