

Group Requirements

- The group starts at **5:15 p.m.** and ends at 7:00 p.m. every Wednesday during the 6-week program. **Please arrive promptly.**
- Address: 9220 Mentor Ave.
Mentor, OH 44060
Rooms 304 - Corner of plaza
- Your in-county fee of **\$50.00** or out-of-county fee of **\$60.00** per household is expected on the first night. Your fee covers attending the group and materials. **Cash or check only.** Please talk to Lyle in case of hardship.
- If you miss a week, it can be made up when the group is offered again.
- No refunds are given for any materials.



Crossroads Health offers a continuum of recovery, mental and primary health care services for all people, at any age or stage of life, including:

- Psychiatric and Medication Management
- Substance Use Disorders & Dual Diagnosis
- School-Based and Consultation Training and Education (CTE)
- Early Childhood Services
- Outpatient Services
- Intensive Services
- Specialized Services
- Criminal Justice Services
- Primary Medical Care & Pharmacy
- Case Management



Early Head Start



**Practical Parenting the
Love and Logic Way**

**A Parent Enhancement
Training Program**



**THIS IS A BASIC
PARENTING PROGRAM
THAT IS OPEN TO
EVERYONE**

(You do not need to be our client)

**For further information or to
register, please contact Lyle
Morris, LISW-S at
(440) 255-1700 ext. 561**

Group Purpose

The basic Love & Logic[®] group teaches simple and practical ways to help parents deal with children of all ages who can be difficult to manage. You learn how to:

- Make parenting more fun, not frantic.
- Raise responsible children.
- Design appropriate limits consequences.
- Deal with a child who thinks he/she is the “boss.”
- Stop “constant” arguing, bickering and/or defiance.
- Guide the child to solve the problem and take responsibility for his or her actions.
- Handle your own emotions, such as anger, thus modeling to your child how to cope when he or she is upset.
- Deal with tantrums.
- We teach how to respond to a child who chooses “not to hear” or who puts off a task or “forgets” when you give instructions.
- Respond to a child who says “you can’t make me do...”
- Work as a parent team, even when divorced and/or raising a child in two different households.
- Avoid power struggle and “nagging.”

Caregivers Goals

- Increase your effective parenting skills.
- Understand your child’s stage of development; what they are capable of at certain ages.
- Gain, or regain, appropriate control over your children.
- Strengthen your stress management skills.
- Teach your child how to problem-solve and make good choices and take responsibility for his/her own choices.
- Teach your child how to take responsibility for their actions.
- Learn how to prepare a child for the “real” world.
- Learn how to be a Consultant parent rather than a Drill Sergeant or Helicopter parent.
- Have a less “stressed-out” family.

Love and Logic[®] is a nationally recognized program designed to teach you skills to make parenting much easier.

www.loveandlogic.com

Weekly Topics

Week 1

Parents learn how to raise children without nagging and how to put an end to arguing and back talk.

Week 2

Parents learn how to teach their children to be responsible individuals.

Week 3

Parents learn how to set limits without meltdowns for both parent and child.

Week 4

Parents learn how to avoid power-struggles.

Week 5

Parents learn how to guide children to own and solve their own problems.

Week 6

Parents learn how to use thinking words instead of fighting words. Parents learn how to get children to do a task without “lots” of reminders or any nagging.

NOTE: This program is open to everyone. You do not need to be a client of ours or live in Lake County. We provide free, optional, childcare during the adult group. Children are taught Love and Logic skills too!