



INSTILLING
HOPE
& WELLNESS

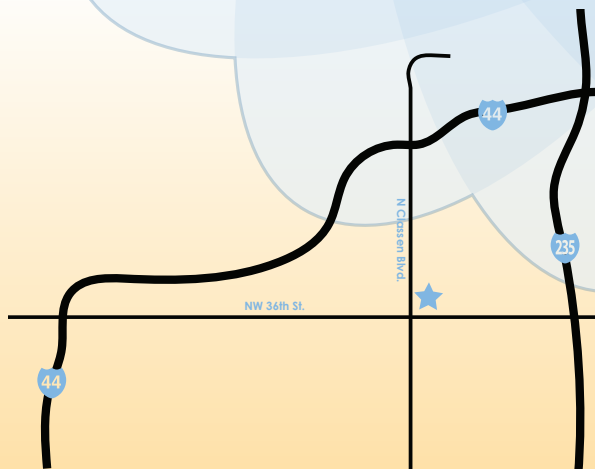
Child-Parent- Relationship (C-P-R) Training



In Today's World...
PARENTING
CAN BE
DIFFICULT

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

WE CAN HELP.



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

A 10-Session Parenting Program
for parents of children under
10 years of age.

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

As a parent 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...

Our treatment specialization includes:

C-P-R Training (also called Filial Therapy) is a research-based, 10-week parenting course that teaches parents 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 10 weeks, you will learn how to:

- Regain control as a parent
- Help your child develop self-control
- Effectively discipline & limit inappropriate behavior
- Understand your child's emotional needs
- Communicate more effectively with your child

In 10 weeks, you will see a noticeable difference in:

- Your relationship with your child
- Your child's behavior
- Your ability to respond effectively
- Your confidence in your parenting skills

How long are C-R-R Training Classes?

Classes generally meet weekly for 10 weeks for 1 ½ – 2 hours

Where are Classes Held?

Instilling Hope and Wellness
3700 N. Classen Ste. 185
Oklahoma city, Ok 73118

How Do I Sign Up?

Space in the C-P-R training groups is limited, so call Instilling Hope and Wellness LLC at 405-225-1891 or email instillinghopellc@gmail.com.

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