

Emotional Sobriety



From Relationship Trauma to
Resilience and Balance

Tian Dayton, Ph.D.

Specialized Recovery Services offers a unique and powerful approach to helping you and your loved ones move from trauma to healing, recovery and resilience. We are committed to providing you with the best care possible.

2018

Course Dates: June 19, 26

July 3, 10, 17



TAKE THE JOURNEY: FROM RELATIONSHIP TRAUMA TO RESILIENCE AND BALANCE

This course is for people in recovery from family dysfunction and psychological and emotional trauma.

Each week we discuss one chapter from the book Emotional Sobriety, by Tian Dayton, PhD.

All participants are required to purchase the book, prior to the first class, from a bookstore of their choice.

The course fee is \$20.00, which can be paid at the first class session.

**Dates: 5 Weeks on Tuesday Evenings
June 19, 2018 - July 17, 2018**

Time: 5:30 PM - 7:00 PM

**Location: MHA of Dutchess County
253 Mansion Street
Poughkeepsie, NY 12601
(1st floor - Conference Room A)**

The chapters we cover will be determined by the participants.

**For information or to register contact: Marlene Taylor, MPS
845- 473-2500 ext. 1309 or**

Email: mtaylor@mhadutchess.org

THE EXPLOSIVE CHILD: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

The material is based upon the work of Ross W. Greene, Ph.D., author of
The Explosive Child

Highlights:

- Understand the factors that contribute to challenging behaviors or episodes.
- Anticipate and identify where troublesome situations may occur.
- Reduce or eliminate challenging episodes.
- Help your child recognize, express and think through frustrations.

The Classic Parenting Guide—More Than 500,000 Copies Sold

REVISED AND UPDATED

THE EXPLOSIVE CHILD

A New Approach for
Understanding and Parenting
Easily Frustrated,
Chronically Inflexible Children

"All parents should read this book,
especially those with children who are out of control."
—EDWARD M. HALLOWELL, M.D., author of *Driven to Distraction*

Ross W. Greene, Ph.D.



Childcare is not provided

2018 REGISTER TODAY!

COURSE FEE: \$25.00

6 – Sessions

Please obtain book prior to class from your
favorite bookstore.

For information or to register call or email:

Marlene Taylor, MPS
Education and Training Coordinator
(845) 473-2500 ext. 1309
E-mail: mtaylor@mhadutchess.org

Payment can be made at the first class.

Dates: Wednesday Evenings
July 11, 2018 - August 15, 2018
July 11, 18, 25
August 1, 8, 15

Time: 5:30 PM - 7:00 PM

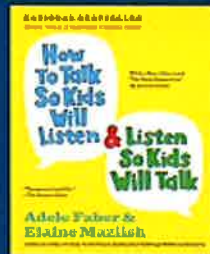
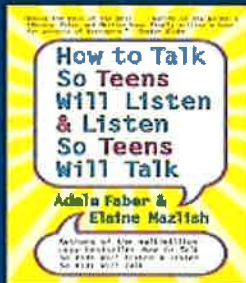
Location:

Mental Health America of Dutchess County
253 Mansion Street
Poughkeepsie, NY 12601
www.mhadutchess.org
845-473-2500

How to Talk So Kids and Teens Will Listen

This course offers both innovative, easy-to-implement suggestions and proven techniques to build or improve the everyday relationships with your kids/teens. You will learn ways to resolve family conflicts peacefully, strategies to engage your kid's/teen's cooperation and effective ways to talk about sex and drugs. All participants must purchase the book.

The course is based on material from "How To Talk So Kids/Teens Will Listen & Listen So Kids/Teens Will Talk" by award winning authors Adele Faber and Elaine Mazlish



To register mail form & \$15.00 book fee to:
Mental Health America of
Dutchess County
253 Mansion Street, Suite 201
Poughkeepsie, NY 12601
ATTN: Nicole Halicki

Attendance for all sessions is encouraged.

Tuesday Evenings - Fall
Sept. 11, 2018 - Oct. 16, 2018
September 11, 18, 25
October 2, 9, 16

Time: 5:30 PM - 7:00 PM

Location:
Mental Health America of
Dutchess County
253 Mansion Street
Poughkeepsie, NY 12601
(1st Floor Conference Room)

Questions?

Contact Marlene Taylor, MPS
Education and Training
Coordinator
(845) 473-2500 ext. 1309
mtaylor@mhadutchess.org

Childcare is
not available.



www.mhadutchess.org

Series: How to Talk So Kids/Teens Will Listen and Listen So Kids/Teens Will Talk - Evenings 2018
Please enclose \$15.00 for the book.

Name: _____

Address: _____

Email: _____ Cell #: _____ W/H #: _____



Mental Health America
of Dutchess County

TEEN CHALLENGE PROGRAM

Tuesdays 5:00pm to 7:00pm

The Teen Challenge Program is for at-risk youth ages 14-19. Some challenges teens may face today include: low self-esteem, lack of social skills, advancement of education, further development of life skills and/or job placement.

The program addresses these possible challenges through weekly life skills curriculum meetings; vocational/educational mentoring for jobs and education; and community engagement involving community service projects.

GOALS of the program can include:

- *Increasing leadership skills
- *Increasing their knowledge of personal, career, and life management skills
- *Encouraging civic engagement through community service opportunities



WHERE
HELP IS
WHERE
HOPE LIVES



Contact Information

Mental Health America of Dutchess County
253 Mansion Street, Suite 201
Poughkeepsie, NY 12601

Jennifer Boscardin
Teen Challenge Program Specialist
Phone: 845-473-2500 ext. 1358
Fax: 845-473-4870
Email: JBoscardin@mhadutchess.org

*No cost for service.

Funded in part by NYS OCFS and Dutchess County Division of Youth.

