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.

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

Childcare is not provided
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 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 #: ____________________________
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
* Incouraging civic engagement through community service opportunities

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.