

Reset Families – Sample Class Descriptions

Reset Families - Families

Parent Instruction and Support (Available in English & Spanish)

Popular opinion says that we have to choose between expecting our kids to follow the rules and having a close relationship. We believe you can achieve both. Somewhere in between letting the kids rule the roost and ruling with an iron fist, we discover a balanced design for the parent child relationship.

Here's what included in each 8-week session:

- *An approach designed specifically for families who have experienced trauma but beneficial for anyone seeking to improve family operations and strengthen relationships*
- *Help your kids manage their own behavior*
- *Learn to nurture relationships, establish routines, maintain expectations, adapt to challenges*
- *Connect to community resources and build a network of support*
- *Meet other parents and share ideas*

Reset Families- Social Service Agencies

Parent Instruction and Support (Available in Spanish and English)

Modeled after the Positive Behavior Interventions and Supports system used in schools throughout the country, and drawing on the principles of trauma informed parenting, Reset Families will help caregivers discover a strategic approach for building strong relational connections while preparing our kids to be accountable for managing their behavior.

Each 8-week session includes the following:

- A restorative approach designed for all families, with sensitivity to families who have experienced trauma
- Skills to help kids manage their behavior
- Learn to nurture relationships, establish routines, maintain expectations, adapt to challenges
- Connect to community resources and build a network of support
- Meet other parents and share ideas.