**Child-Parent Relationship Therapy (CPRT)**

***Parenting can be difficult***



* Do you feel like you have lost control of your role as a parent?
* 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”?

***How can CPRT help?***

*CPRT for parents of 2 to 10-year olds*

* CPRT 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.
* In 10 weeks, you will learn how to:
1. Regain control as a parent
2. Help your child develop self-control
3. Effectively discipline & limit inappropriate behavior
4. Understand your child’s emotional needs
5. Communicate more effectively with your child
* In 10 weeks, you will see a noticeable difference in:
1. Your relationship with your child
2. Your child’s behavior
3. Your ability to respond effectively
4. Your confidence in your parenting skills



***Sign Up***

* CPRT Groups meet weekly for 2 hours for 10 weeks
* There will be 4-6 parents in a group
* Individual CPRT and couple CPRT are also offered upon request
* Fee: $80 per session (for 2 hours)
* For more information and registration, call (469-907-5150) or visit our website (www.gladheartcec.com)