



# Parenting Skills Class

A 10 - Week Program

Mondays, 5:30 - 7:00pm  
\$20 per session

2100 Charlie Hall Blvd., Charleston, SC 29414



## Class Overview

Charleston Dorchester Mental Health Center is offering a **Parenting Skills Class** designed to help parents and their children lead more enriching and rewarding lives. Our class teaches parents practical skills that will have an immediate positive effect on their family life.

The group provides parents an opportunity to learn new skills that will help their children grow, that will enable them to communicate more effectively, and will provide them with the tools they need to know, early on, when their child is experiencing difficulties and how best to support them during those times.

Parents also receive invaluable support and input from other group

participants, giving parents an opportunity to discuss and address specific family issues.

## Class Details & Fees

This is a 10-week program that takes place every **Monday** from **5:30 - 7:00pm** at **2100 Charlie Hall Blvd** in Charleston, SC.

Class fees are \$20 per session due at the beginning of each class.

We offer optional drug screening (*a \$35 up-front fee*) for parents who are working with a referral source that requires random drug screening.

Our Parenting Skills Program is open-ended, meaning parents can join the class at any time.

Charleston Dorchester Mental Health Center offers some of the very best mental health treatment and educational services in South Carolina.

Call us at **843-852-4100 x238** to register.

## Topics Include

- Child & Adolescent Risk Factors
- Effective Communication Skills
- Appropriate Disciplinary Actions
- Advocating For Your Child
- Group Member Support/Guidance
- Behavior Modification Techniques
- Tips on Consistency in Parenting