

HELPING KIDS *Thrive*

Parent Forum & Learning Series



Eletta Cameron is a native of Uniontown, PA and graduate of California University of Pennsylvania and West Virginia University with a Bachelor of Arts in Psychology and a Master of Social Work Mental Health Direct Practice respectively. She is the owner of Cameron's Counseling & Consulting Services, LLC. As an entrepreneur and Mental Health and Wellness Clinician, Eletta specializes in counseling services specifically targeted to individuals and groups typically reluctant to pursue traditional mental health and wellness services.

SESSION I: HELPING KIDS THRIVE

This session catapults families into a series of conversations exploring how parents can more effectively ensure their children and family are thriving mentally and emotionally. Helping Kids Thrive will explore the importance of mental health and wellness in children by allowing parents to openly discuss their challenges and accomplishments in the parenting process. The conversation will evoke thought and discussion as to how the participants' parenting process can be supported and most effective. When we know better we can do better. The goal of these sessions is to create that experience and encourage and build the skills and knowledge to do it.

OCTOBER 25TH

SESSION II: TRAUMA 101 WHAT IS TRAUMA?

How can trauma be addressed if it isn't recognized and understood? This parent meeting will explore the different types of traumas that exist as well as how to address trauma when it is experienced in children. The session will also encourage discussion with parents about the types of experiencing they may have had that were traumatic and not recognized.

JANUARY 24TH

SESSION III

WHY WE PARENT, HOW WE PARENT

Understanding why we do what we do is vital in helping to transform behaviors and perspective. Much of what is done in adulthood, especially parenting, is developed from the experiences had in childhood. Yet, it is also important to realize that learning to parent is an on-going process and children are teachers in that process as well. This interactive approach will allow parents to explore how they parent and what they may want to change once they understand why they may do what they do.

MARCH 28TH

SESSION IV: PUNISHMENT VS DISCIPLINE

Ever wonder why a child does the same unwanted behavior over and over again? Why didn't how it was addressed work? Teaching right from wrong to children can be challenging; and how to do it present unintentional pitfalls. The topic of punishment and discipline is important for parents to discuss and explore because the impact can be experienced for years to come. Understanding how to appropriately and effectively address unwanted behaviors will help parents reserve energy and promote a more harmonious environment both mentally and physically. This session will also help parents develop effective responses to behaviors they want to address without inadvertently creating trauma experiences.

MAY 23RD

SESSION V

PUTTING IT ALL TOGETHER

This final meeting will explore what parents have learned and how they are and will continue to use their skills and knowledge to evolve into positive effective parents. Parents will be asked to evaluate their experience and provide constructive feedback for future programming. They will discuss changes and challenges to their parenting they have undergone while participating in these sessions.

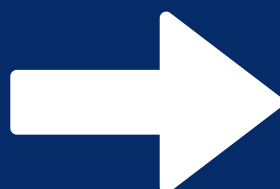
JULY 25TH

SESSION VI: WHERE ARE THEY NOW?

This is an opportunity for participants to share the skills and tools they have implemented since taking part in the seminars. Parents will have a chance to share their accomplishments as well as discuss what they learned and the areas in which they continue to develop.

SEPTEMBER 26TH

**JOIN US ON ZOOM
FROM 6:30-8PM**



<https://aiu3.zoom.us/j/89701746113>