

# Tantrums, Meltdowns, and Rage: Parenting Strategies for Calming the Storm



*For parents of tweens and teens (8-17) who are prone to emotional outbursts.*

Learn how to:

- \*Review strategies for catching them before the storm.
- \*Calm them if they have already passed that “critical window.”
  - \*Prevent future meltdowns from occurring.
  - \*Stay calm yourself, even if they explode.

**3 Mondays, October 15, October 29, and November 12 from 5:30 – 7:30 p.m.**

Cost for all three sessions: \$180

Register by phone (503-452-8002) or online ([childrensprogram.com](http://childrensprogram.com))

*Parents and guardians only; No childcare provided*

With **Ally Burr-Harris, Ph.D.** and **Kayla Hoskins, M.S., C.S.W.A.** at Children’s Program