



## Parent Project Junior

Loving Solutions is a parent-training program specifically designed for parents raising difficult younger children, ages 5-10 years. With special application to ADHD issues, Loving Solutions employs a behavioral model to help parents both motivate children to do constructive tasks and manage unwanted behaviors. The program “Steps of Success” (S.O.S.) home practice assignments help create a solid foundation for change. We will follow the UCLA parent support group model. The goal of the group is to develop a bond between parents for ongoing and continued support outside of Johnson County Mental Health Center (JCMHC).

### CLASS FORMAT:

This 12-week class will be held on zoom, the link will be provided once registration is complete. You must attend all 12 sessions to complete the class.

### CLASS DATES:

June 1 – 12:00 – 1:30 p.m.

July 20 – 12:00 - 1:30 p.m.

June 8 – 12:00 - 1:30 p.m.

July 27 – 12:00 - 1:30 p.m.

June 15 – 12:00 - 1:30 p.m.

August 3 – 12:00 - 1:30 p.m.

June 22 – 12:00 - 1:30 p.m.

August 10 – 12:00 - 1:30 p.m.

June 29 – 12:00 - 1:30 p.m.

August 17 – 12:00 - 1:30 p.m.

July 13 – 12:00 - 1:30 p.m.

August 24 - 12:00 - 1:30 p.m.

To register visit, [connect.jocogov.org/mental-health-center-trainings](https://connect.jocogov.org/mental-health-center-trainings)

To learn more or for questions, please contact Prevention and Community Relations at [913-715-7880](tel:913-715-7880) or [JCMHCEvents@jocogov.org](mailto:JCMHCEvents@jocogov.org).