



## 6 Week Parent Summit for Parents!

1 hour/week via ZOOM

### Helping Families Learn to:

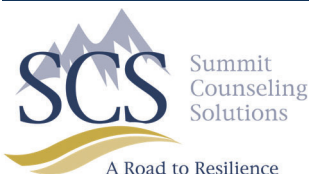
- Communicate & Resolve Conflict in Healthy Ways
- Develop Awareness
- Connect to Relevant Mental Health Resources and Navigate Insurance Barriers
- Recognize Effort and Progress
- Manage Expectations

SCS Parent Summits are a way for parents and guardians to gather tools and develop skills necessary for navigating common struggles that come with raising teens today!



## Topics that will be covered in an SCS Parent Summit

- Decoding Teen Communication and Healthy Communication Habits
- Distress Tolerance: Managing Family Stress in Healthy Ways
- Finding a Middle Path: Balanced and Dialectical Parenting
- Emotion Regulation: Intentional Parenting
- Interpersonal Effectiveness: Maintaining Healthy Family Relationships & Meeting Evolving Needs
- DBT-based Parenting Systems that Support Behavior Improvement
- **CONNECTING TO RELEVANT MENTAL HEALTH RESOURCES AND NAVIGATING INSURANCE BARRIERS**



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Monday - 8:30 AM to 6:30 PM  
Tuesday - 8:30 AM to 6:30 PM  
Wednesday - 8:30 AM to 5:00 PM  
Thursday - 8:30 AM to 6:30 PM  
Friday - 8:30 AM to 5:00 PM