



LifeStance
HEALTH

Parenting: **Helping Kids Back Into the School Routine**

With praise, understanding, and some structure you can smooth out back-to-school anxiety

Group Starting: Wednesdays August 4th 5:30PM-6:30PM



This evidence-based, 4 weekly sessions, 60-minute group will teach effective best practice strategies that parents can incorporate into their lives immediately. The group will be held remotely.

For Parents with children, middle school ages.

As the summer comes to a close and school is getting back into session, learn strategies to transition from the beach to the classroom with less anxiety for you and your child.

- Routines teach self-control.
- Routines can bring you and your child closer together & reduce power struggles.
- Routines guide positive behavior and safety.
- Routines support children's social skills.
- Routines help children cope with transitions.
- Routines are satisfying for parents, too.
- Routines are an important opportunity for learning.



Contact Dr. Vorpahl at 508-530-5648. This group may also be covered by your health insurance. Please speak with Dr. Vorpahl for details.

Jacqueline Vorpahl, Ph.D. has over 25 years experience as a licensed clinical psychologist with a specialization in Child, Adolescent & Family work.