

# Stress & Anger Management Institute, LLC

*When What You Say SAYS Who You Are...*

## A Parenting Skills Program for the Special Needs Family

### *An 8 Week Series in Delivering Effective Communication Strategies to Parents, Siblings and Caretakers of Special Needs Children*

The Stress and Anger Management Institute helps parents with their special needs child/ren understand, channel, and manage the stress and anger that is a natural part of the parenting process.

A main focus of our work is to shift parental stress into positive attention for the unique needs of your child. While stress and anger can be a natural reaction for any parent, our goal is to transform reactive emotional behavior to a proactive parent/child relationship. This is accomplished through emotional management and therapeutic techniques suited for parents, caretakers and others who directly influence decisions regarding your child.

Good parenting includes both “love and limits.” With the use of practical techniques, parents will learn to communicate effectively, establish rules, manage and extinguish unwanted behavior. Through this newfound structure, you can achieve knowledge that will allow you to increase self-esteem and constructive problem solving for you and your family. It is important that special needs children are given the proper support to achieve their developmental potential. To do that, it is important for the parents and caretakers to understand how your child is functioning to increase their cognitive, behavioral and emotional development.



**TheSAMIGroup.com**

Call  
310-372-3765  
to Register

**Time: 7:00pm**

**Day: Tuesdays**

**2401 Pacific Coast Highway  
Suite # 201**

**Hermosa Beach, CA 90254**

#### **Signs that this course will be helpful for you as a parent are:**

- Your child is developmentally delayed
- Non verbal (communicates by crying, grunting, and/or yelling)
- Doing opposite of what you ask
- Engaging in constant power struggles
- Disorganized
- Seems to ignore and/or not understand direction
- Tantrums (hitting, biting, head banging)



#### **As a result of the SAMI Group Special needs Parenting Program, you will learn how to:**

- Feel empowered by your parenting skills
- Recognize and problem solve increased stress and frustration for both you and your child
- Effectively Manage Stress
- Utilize self management
- Learn therapeutic techniques to manage and eliminate behavior
- Create routines for balanced life structure and known expectations
- Create a more relaxed home atmosphere
- Teach independence and communication skills
- Reduce and eliminate tantrums
- Enforce rules and limits