

OREGON COMMUNITY PROGRAMS

Parenting through Change[®]

When life transitions and hardships happen, families need support.

Parenting through Change (PTC) is an evidence-based, hands-on, 10-week group for caregivers of children with difficult behaviors. Participation in PTC will enhance existing skills, as well as offer hope, support and new parenting strategies.

PTC IS TAILORED FOR serious behavior problems for youth from preschool through adolescence, and designed to support families facing multiple challenges:

- Noncompliance, aggression, defiance, hyperactivity, fighting
- Lying, stealing
- Depressed mood, anxious, peer problems, bullying
- Delinquency
- Substance Abuse
- School problems (difficulty, completing assignments, disinterest, truancy)



PTC IS FOR: Parents of elementary school youth who would benefit from support in managing their children's behaviors and increasing school success.

GROUP MEETING DETAILS: 90 minute, weekly virtual (Zoom) meetings for 10 weeks.



WHY JOIN?: Receive support from fellow parents, learn new skills in a low-stress environment, and earn incentives for attending!

ELIGIBILITY: Open to ALL families in Lane County.



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