



Behavioral and Emotional Skills Training (BEST) for Caregivers

- ✓ Is your child struggling with tantrums, hitting, arguing, or not following rules?
- ✓ Are you frequently getting calls about your child's behavior at school?
- ✓ Have you been looking for ways to better manage these issues?

Behavioral and Emotional Skills Training (BEST) is a FREE opportunity (valued at \$600) for parents and caregivers

The BEST program will help parents/caregivers to...

- Understand the basics of behavior management
- Learn and practice skills to help your child with his/her behavior
- Increase confidence in managing challenging behaviors
- Connect with other parents and caregivers for continued support

BEST uses well-researched strategies to provide parents/caregivers clear tools for managing misbehavior, setting limits, and increasing positive behavior. This program will help parents and caregivers increase their child's social and emotional development skills, as well as improve their child's self-esteem.

Day: Friday, December 7, 2018

Time: 9:00am-2:00pm with 30 minutes for lunch. Lunch will be provided.

Location: District 1 Family Resource Center – room 128
166 Essex Street, New York, NY 10007

Enrollment: Parents, family members, babysitters, and caregivers of children in grades K-8 are invited to participate in BEST. Please note that we are unable to provide childcare.

RSVP at https://docs.google.com/forms/d/e/1FAIpQLScdzbBwE36iz-SOMxa3JJUpimstP67sLFMtwg42PjN-lqVaaQ/viewform?usp=pp_url.

Questions: Contact Rebecca Fleischman at 646-625-4227 or Rebecca.Fleischman@childmind.org

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Learn more at childmind.org.