

Experiential Solutions **T.E.A.M.**, Inc.

Trainin**g** *through* **E**xperiential **A**ctivity **M**anagement

T.E.A.M.²

***T**aking **E**very **A**ction to **M**ee**t** the **M**ission*

www.experientialsolutions.com

214-993-7090

Parenting Workshops

PARENTING PROGRAM

Experiential Solutions is a parenting program designed to be facilitated through schools, social service agencies, youth organizations, and juvenile justice systems. Through **T.E.A.M.**, parents can evaluate their parenting styles, identify how their current behaviors may be affecting their children or their relationship, discover new techniques to decrease self-imposed limitations, and have fun in the process. By using experiential learning games and activities, the parent(s) are encouraged to be actively involved.

Experiential Solutions utilizes the Experiential Learning Model, activities and processing/debriefing of the activities. It is designed to promote an understanding of the importance of parental behavior and the impact of that on the children. Participants are given educational handouts on parenting skills. The program can be modified in a variety of ways to respond to the needs of the parents and families. The program can be used as a prevention and/or intervention modality.

TOPICS

- **Understanding Children's Behavior**
- **Parenting Styles**
- **Stress and Stress Management Of Parenting**
- **Building and Maintaining Self – Esteem In Children**