

# GRANDPARENTS AS PARENTS

Child -- Parent -- Relationship Training (CPR)



**FREE** Education and Support Group  
for Grandparents and Caregivers  
childcare, snacks, and beverages provided

**When:** Every other Monday, 1-3pm *starting October 10th*

**Where:** Old Mill Center for Children and Families  
1650 SW 45th Place, Corvallis, OR 97333

**Who:** This group is designed specifically for people who find themselves parenting children ages 2-10 for the second time around

**Register:** Call Jo Robles at (541) 757-8068  
Pre-registration is required and space is limited!



## In 10 weeks, you will learn how to:

- Regain a sense of control as a primary caregiver.
- Help your child develop self-control.
- Effectively discipline and limit inappropriate behavior.
- Understand your child's emotional needs.
- Communicate more effectively with your child.

## In 10 weeks, you will see a noticeable difference in:

- Your relationship with your child.
- Your child's behavior.
- Your ability to respond effectively.
- Your confidence in your parenting skills.

*Research shows that motivated caregivers can be as effective as professionals in helping their children! Child-Parent-Relationship (CPR) training is conducted in 10 weekly, 2-hour sessions. The atmosphere is friendly and accepting and the training is interactive, making it enjoyable and interesting.*



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