



# Attention: Union County Families

*join our next Mental Health Series...*

## De-escalating Cycles of Conflict

Being aware of our own emotions and the emotions of others can help us have more calm and productive conversations.

**Course Created by:**

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Some parents feel like they're stuck in a constant cycle of conflict with their children. Learn strategies to have more calm and productive conversations with your children by breaking the cycles of conflict.

**This session covers the following:**

- Understand we have internal protectors designed to protect us from harm
- Learn what exiles parts are within each one of us
- Learning to speak FOR our emotions and not from them
- Understanding your child's emotions
- Learn to become aware of your child's emotions as well as your own.



# February 7, 2024

## 6:30–7:30 PM via Zoom



Register Here

<http://cookcenter.info/Feb7MHRB>



mental health &  
recovery board  
UNION COUNTY

