



Cohen Veterans  
Network



# Parenting Skills Program for Military Families



Are you struggling to manage your children's behaviors?  
Have you been exposed to military or civilian trauma?  
Has your trauma experience interferes with your parenting?  
Don't worry, you are not alone!

- ❑ What are positive parenting skills for military families? We are offering a fifteen-session parenting program for military families. This program addresses the effects of military and civilian trauma on parenting. You will learn positive parenting skills to strengthen relationship between you and your child/ren.
- ❑ Who can participate? Either a veteran parent with any type of trauma history, a spouse/partner of a military/veteran parent, or any other caregiver for a military child/ren (e.g., grandparents, uncle, aunt, etc.), who has been through any trauma and/or live with a military parent who has experienced trauma.
- ❑ Why participate? This program will help you understand how your and/or your spouse's trauma experience/s can affect how you feel and how you parent your child/ren. You will learn new positive skills that will help you better interact and communicate with your child/ren and improve your relationship.
- ❑ What do I have to do? Please contact Dr. Avinadav if you are interested in attending either individual or group *Positive Parenting Skills Training*.

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