

## HRC'S FAMILY BEHAVIORAL SERVICES PRESENTS NEW TRAINING CLASSES

Family Behavioral Services (FBS) has added several classes to its basic curriculum for Managing Behavior and Toilet Training. Please note that a referral by your Counselor is required for participation in an FBS class at HRC.

**Trouble-Shooting Behavior** offers a support-group format, with the therapist being the facilitator/lecturer. The prerequisite is completion of an FBS Managing Behavior 1 (MB1) class. The goal of the class is to address parents' anxieties and difficulties related to having a child with a disability as well as to provide parents with tools, information, and resources to help both themselves and their children. The parents will participate by sharing information, offering support to other parents and asking questions specific to their child. If one family is experiencing difficulties, the same problems are probably occurring with the others. Specific topics agreed upon by the class participants will be addressed during the class which meets twice a month for three months.

**The Activities of Daily Living (ADL)** class is a five-week course designed to teach parents how to both modify behaviors and teach tasks to their children. There is no prerequisite for this class and child care will be provided. Each class consists of one hour of parent training and one hour of trainer-mediated parent and child interaction in which the parents will be teaching their children. By the end of the course it is expected that parents will be proficient in task analysis and will be comfortable breaking down and teaching modified tasks to their children. This is a hands-on and highly interactive program.

**Body Awareness and Safety Class** is designed to help parents prepare to talk to their children about topics related to

physical development, puberty, sexuality and appropriate body boundaries. This class meets for six weeks. With the exception of the first class, each class consists of one hour of parent training and one hour of trainer-mediated parent and child interaction in which the parents will be teaching their children lessons on each topic. Child care is provided for this class.

The newest parent training class is **Building Social Skills through Play Dates**. This class meets once a month for three months. Behaviorists will be available between sessions for consultation by phone or e-mail. Parents will be provided with information, guidance and techniques about how to teach social interaction skills to their children through play dates in the home and in the community. The final class will offer suggestions for equipping children to attend large social functions, such as birthday parties.

**Safety and Sexuality** is a class for clients over the age of 18. The purpose of this class is to provide clients with information and guidance about topics related to adult sexuality and abuse prevention. Topics include: friendship and love, desired qualities in a partner, boundaries, how to say no and accept no, physical aspects of sexuality and sexual relationships, preventing Sexually Transmitted Diseases (STDs) and unwanted pregnancies. Participants will become familiar with different forms of sexual abuse to which they may be exposed and develop the means to protect themselves and report the abuse.

Contact your HRC Counselor if you are interested in attending any of these training classes. ■