



Helping kids find hope and healing

About Child Guidance Center

Child Guidance Center is a private non-profit agency providing mental health services to children, adolescents, and their families.

Founded in 1949 by Lincoln's Junior League, Child Guidance Center has been making a difference in the community by supporting families in their efforts to raise emotionally healthy kids.

Child Guidance Center provides a continuum of prevention, early intervention, and treatment options to meet every individual's needs.

Services are provided by licensed mental health professionals with training and experience in the areas of psychiatry, psychology, social work, psychiatric nursing, relationship and family therapy, art therapy, play therapy, and counseling.

Services are offered on a sliding-fee, ability to pay basis. Medicaid and insurance accepted.

For more information or to arrange for services, please call 402-475-7666

Agency Hours

Monday-Thursday 8:00 a.m. - 8:00 p.m.
Friday 8:00 a.m. - 5:00 p.m.



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2444 "O" Street
Lincoln, NE 68510
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Parenting Wisely

**A Parenting Skills Program
for Adults Designed to
Reduce Family Conflict &
Foster Healthy Relationships**



Accredited by
The Joint Commission



Funded in part by the
Dept. of Health and Human Services
& Region V Systems



Parenting Wisely

A Parenting Skills Program for Adults Designed to Reduce Family Conflict & Foster Healthy Relationships.

All parents do their best to raise their children to be happy and healthy adult members of society. However, few parents receive formal training and often feel frustrated when their best efforts to discipline and teach their children good behavior skills are ineffective or result in family disagreements.

Child Guidance Center is committed to providing quality prevention services to families in the community to address these concerns.

About Parenting Wisely

In 2005, Child Guidance Center began implementing the highly-effective Parenting Wisely intervention, a program targeted towards parents of children and adolescents with mild to serious behavior problems.

This evidence-based parenting skills course appears on the national Best Practice list and is a Substance Abuse & Mental Health Services Administration model program.

Parenting Wisely uses a risk-focused approach to reduce family conflict and various child behavioral issues, such as stealing, vandalism, bullying, poor hygiene, and defiance of authority.

This nine-week course is taught by trained mental health practitioners in a comfortable, classroom-like setting. Participants engage in group discussion, learning exercises, and interactive video presentations which illustrate common parenting problems and effective methods to resolve them.

Parenting Wisely is offered quarterly during the months of January, April, July, and October. Parents may sign-up for sessions in either the afternoon or evening.

Goals & Objectives

Parenting Wisely strives to help parents enhance family communication, develop mutual support, improve supervision, and learn appropriate disciplinary techniques. It also teaches parents important skills to combat risk factors for substance use and abuse.

Practices learned in the program will help build respect among family members, foster healthy relationships, improve cooperation, and reduce the number of arguments. When parenting challenges do arise, parents will be better prepared to find solutions.

Topics addressed include:

- Communication skills and active listening
- Problem-solving skills
- Speaking respectfully
- Managing sibling conflict
- Role-modeling behavior
- Family meetings and time-outs
- Non-directive play
- Assertive discipline and setting consequences
- Reinforcement and redirection
- Violence
- Chore & homework compliance
- Praising
- Supervision of children hanging out with peers who may be a bad influence
- Step-family and Single parent issues

Nationally Proven Results

Evidence:

- 35% to 58% reduction in child behavior problems
- 29% improvement in general family functioning
- 30% reduction of maternal depression
- 38% increase in parent participation in parent education classes

* Price Information

Single Adult	\$45.00
Couple	\$75.00

* per nine-week session

For more information about Parenting Wisely or to inquire about registration call 475-7666

