

Children's Challenging Behaviors



What is the Children's Challenging Behaviors Education Program?

Children's Challenging Behaviors is a 6-hour workshop for parents of children and youth with mental health needs. In this workshop, a trained and experienced parent provides information to help parents understand typical behaviors versus challenging behaviors that require intervention. Parents learn when and how to seek help, develop parenting strategies, learn the ins and outs of special education and other educational supports, and discover community resources available to families and youth. The workshop was developed by parents who have children and youth with mental health needs with the goal of easing other parents' struggles and difficulties when coping with their child's mental health needs.



Benefits of the Program

- Provides an orientation of what parents can expect when their child has mental health needs or a mental health condition.
- Taught by parents who have been on similar journeys and can provide firsthand experience and knowledge.
- Receive a comprehensive manual with relevant resources and information in one place.
- Learn from and meet other parents who have children and youth with mental health needs.

We understand and are here to help!
For more information, contact:

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**Virginia
Family
Network**

About the Virginia Family Network

We are a statewide network of families ensuring families who have children and youth with mental health needs have the support and resources that they need and that voices are heard, valued, and respected. The network is currently housed within NAMI Virginia thanks to support by DBHDS.