



Program Objectives

Session 2:

- **Become aware of your own stressors. Learn to recognize things that are stressful in your own life.**
- **Learn to recognize and understand how you naturally react to stressors.**
- **Identify ways you have successfully managed stressful situations.**
- **Learn to think about stressful situations in terms of what you can control and can't control about them.**

Session 3:

- **Learn to understand what you can control, what you can't control, and how to manage different types of stress.**
- **Learn the difference between the two types of strategies for managing stress.**

Session 4:

- **Learn about things that are often stressful during middle childhood.**
- **Learn to identify the signs of stress in your child.**
- **Understand ways to participate in productive discussions with your son/daughter about stressful situations.**

Sessions 5 & 6:

- **Learn the four-step strategy for helping children cope with stress.**
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