



**PARENT NIGHT
THURSDAY
NOV 15
6:30-8 PM**

VALIDATING THE EMOTION WITHOUT CONDONING THE BEHAVIOR

**ALPINE DISTRICT
SPECIAL
EDUCATION
350 N STATE ST
LINDON, UT**

November Parent Night

How to talk to your child with mental health challenges. Learn about the impact of mental illness on each family member. Learn various skills to improve the day to day communications within the family as well as during episodes of crisis. There's more! Communication, problem solving, challenging behaviors, crisis prep and response.

**Thursday, November 15, 2018 6:30 - 8:00 PM
Alpine School District, 350 N. State St., Lindon**

Childcare is not available.

**Pre-registration is appreciated. Register at
<https://conta.cc/2RreWqP>**



**Utah
Parent
Center**

Special needs,
extraordinary potential



For more information on Parent Nights and other upcoming events, visit
alpineschools.org/specialeducation or utahparentcenter.org/events

Questions? Please contact Maria at 801-318-1959 or maria@utahparentcenter.org