The Armstrong Center for Hope

Psychological and Spiritual Wellness for All Ages

Parent Management Training

For Parents of Children Ages 6–12

Stronger Parents. Happier Kids. Connected Families.

A supportive, skills-based group to help you build confidence, set limits with love, and create a calmer, more connected home.

Schedule: Mondays at 6:00 PM

Format: Virtual

Duration: 6 Weekly Sessions

Session Length: 90-Minute Sessions

Who It's For: Parents of children ages 6–12

What You'll Gain:

- Practical strategies for handling challenging behaviors
- Tools to improve communication and cooperation
- Consistency and confidence in your parenting
- Support from other parents who understand



Your Therapist

Dr. Jamilah I. Silver, PhD, LPA

Therapist

Dedicated to helping parents and children heal, grow and thrive.

NOW ENROLLING!

Space is limited. Reserve your spot today!

Contact: acfhinfo@armstrongcfh.com | (919) 418-1718

Stronger Together. Better Every Day.