



## Combined Parent-Child Cognitive Behavioral Therapy

CPC-CBT is an individual and family counseling model that focuses on helping families cope with tough situations, reduce stress, manage anger and improve parent and child relationships CPC-CBT includes 90 minute weekly sessions. A counselor will meet with you and your child individually and eventually work up to parent and child joint sessions.

We know that parenting can be stressful. We also know that some children are more difficult to parent than others. Raising kids is not an easy job. Together, we can make changes, because YOU are the EXPERT on YOUR child! As part of this program, you and your counselor will work as a team to help your family reach your goals.

***Together, we can make changes, because YOU are the EXPERT on YOUR child!***

For additional information, please contact  
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[www.familynurture.org](http://www.familynurture.org)

