

# WORKSHOP SERIES

**Effective Parenting Techniques**

**October 16, 2025 18:00–19:30, Zoom**

**Stress and Anxiety Management**

**November 13, 2025 18:00–19:30, Zoom**

**Understanding Trauma and PTSD**

**December 11, 2025 18:00–19:30, Zoom**

**Managing Insomnia**

**January 15, 2026 18:00–19:30, Zoom**

**Overcoming Depression**

**February 12, 2026 18:00–19:30, Zoom**

**Impulse Control and Self-Regulation in Children  
& Tools for Parents**

We invite children ages 6-10 to join a separate workshop during the same time.

**March 12, 18:00–20:00, in person, Salem**

This information is provided as a public service for non-school organizations, with the understanding that Salem-Keizer Public Schools makes no recommendation or endorsement of the activity or product represented in this publication.

**Free to attend Registration**  
**For Questions email or call:**  
**[info@claritytherapysolutions.com](mailto:info@claritytherapysolutions.com)**  
**Telephone: 503-882-5222, option: 3**

