

Guided Self-Help for Better Behaviour Group

The Mental Health Support Team (MHST) in Ellesmere Port is pleased to offer this 7 week evidence based intervention group for parents & carers who want to encourage better behaviour at home.



Kingsley Resource Centre
Coronation Road,
Ellesmere Port
CH65 9AA

**9.30am -
11.30am**

Session 1 Goals and Play/Special Time - Wednesday 26th February
Enhancing the relationship with children through play

Session 2 Praise and Rewards - Wednesday 5th March
Promoting positive behaviours and routines with praise and rewards

Session 3 Selective Ignoring - Wednesday 12th March
Reducing undesirable behaviour through selective ignoring

Session 4 Effective Instructions - Wednesday 19th March
Increasing compliance with clear calm commands

Session 5 Consequences - Wednesday 2nd April
Promoting boundaries with consequences

Session 6 Time Out and Family Rules - Wednesday 23rd April
Creating clear expectations with family rules and time out to calm down

Session 7 Ending and Trouble Shooting - Wednesday 30th April

Please note you must book a triage appointment with us before starting the group. These will be held on Monday 17th and Wednesday 19th February. Please email cwp.cheshiremhstadmin@nhs.net to book an appointment