

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 - Tuesday 5th November
Enhancing the relationship with children through play

Session 2 Praise and Rewards - Tuesday 12th November
Promoting positive behaviours and routines with praise and rewards

Session 3 Selective Ignoring - Tuesday 19th November
Reducing undesirable behaviour through selective ignoring

Session 4 Effective Instructions - Tuesday 26th November
Increasing compliance with clear calm commands

Session 5 Consequences - Monday 2nd December
Promoting boundaries with consequences

Session 6 Time Out and Family Rules - Tuesday 10th December
Creating clear expectations with family rules and time out to calm down

Session 7 Ending and Trouble Shooting - Tuesday 17th December

Please note you must book a triage appointment with us before starting the group. These will be held on Tuesday 29th and Wednesday 30th October. Please email cwp.cheshiremhstadmin@nhs.net to book an appointment