

Behavior Management Group



The Behavior Management Group teaches parents and guardians skills to decrease problem behaviors and increase the cooperation of their children between the ages of 5 and 12. This group is designed for the parents of children with anger outbursts and lack of cooperation, as well as difficulty cooperating with treatment for mental health concerns.

All group meetings are for parents/guardians only, children do not attend.

The program begins with a one-time meeting that introduces the strategies for behavior change: clear expectations, rewards for good behavior, and consequences for misbehavior.

Parents can expect to leave this session with:

1. A plan for using behavior management skills at home.
2. An understanding of how behavior management strategies work best to help improve the plan over time.

Parents and guardians that have completed the one-time initial Behavior Management Group may return for support using the behavior management skills they learned. Parents may attend this group as frequently as they wish.

This group is held at Mayo Clinic in Downtown Rochester and is by referral only. Talk to your primary care provider or mental health specialist for more information.