

Spots are limited.... So call us NOW!

“Emotional reactivity is behind every bad pattern, bad decision, and bad relationship. Whenever we get reactive –whether by screaming, cutting ourselves off, overcompensating for others, or taking things personally or defensively-we operate out of our anxiety and, ironically, end up creating the very outcomes we were hoping to avoid. ScreamFree Living takes this reactivity very seriously and stresses that the number one step toward creating the types of relationships we truly crave is learning to calm down.”

We hope the new knowledge you walk away with from this class will be helpful in strengthening your relationship with your child(ren).

(quote from http://www.screamfree.com/about_us/what_is_screamfree.php)



Payne County Youth Services, Inc. What Can YOU Do?

Businesses and individuals who want to support our services with financial contributions can do so by making a tax-deductible donation to Payne county Youth Services, inc., by mail, on-line at www.pcys.org or in person. Donations of goods, services and the assistance of volunteers are always welcome.

To become a “**Friend of PCYS**”, with a minimum annual donation of either \$100, \$65, \$35, or \$15, and to receive a membership packet, please contact us



2224 West 12th Street
P. O. Box 2647
Stillwater OK 74076-2647
Office (405) 377-3380
Fax (405) 377-3499

Shelter
Office (405) 377-1452
Fax (405) 377-6291
(24/7/365)

Toll Free (866) 377-3380
www.pcys.org

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Shelter Director

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SCREAMFREE® PARENTING CLASSES



Payne County Youth Services, Inc. is a private non-profit, (501 (c)3), tax exempt agency. Please contact our offices for information regarding this or any other programs.

For more
information,
contact us at
(405) 377-3380

**2224 W. 12th Street
Stillwater, OK 74074**



ScreamFree® Parenting Classes



ScreamFree® Parenting is a revolutionary approach to parenting that was developed by family therapist, Hal Runkel. What makes this class revolutionary is that it is not only focused on helping parents build quality relationships with their children, but it also focuses on your own personal growth as a parent. Come experience this class at PCYS and learn the principles of Scream-Free® Parenting through skills acquisition and group discussion.

PCYS provides this group as one of our many services to assist children, youth and families to develop life-long healthy relationship practices.

Learn How to:

- Calm your anxiety in intense and frustrating situations
- Create appropriate space for your child
- Establish and follow through with logical and natural consequences
- Take care of yourself so that you can function at your best for your children

Requirements for Participation

PCYS requires participants to be parents of adolescents ages 7 through 18 (older youth in high school are eligible). Although this class is offered **FREE OF CHARGE**, participants are asked to pay a \$15 fee for their workbooks.

No services will be denied due to inability or refusal to pay for such services.

Class Structure

Classes are usually offered in the early evening hours. There are 6 sessions total; each session is planned to last for 2 hours. Classes are offered at different times throughout the year. Please call PCYS at (405) 377-3380 to inquire about the next available class.



Additional PCYS services:

- Mental health and substance abuse services
- Project Safe Place
- Parent Education
- Emergency Youth Shelter
- Victims of Crime Counseling
- Skills for Success/First Offender
- Sexual Identity Group
- Advocacy & Referral
- Workforce investment Program
- Teen Relationship Group
- Transitional Living Program



CARF Accredited



Certified by the Department of Mental Health and Substance Abuse Services (ODMHSAS)