



The Youth Services Department
Education & Training Center
is now offering **FREE**
Parent-Child Interaction
Therapy (PCIT)

Caregivers with children
between the ages of 2 to 8
years old that reside in Palm
Beach County may be eligible
for this **FREE** service.

Ideal families have children that
are displaying behavior
problems and would like to
learn skills to manage those
behaviors and improve
their relationships.

For more information or to schedule
an appointment for PCIT, call
Youth Services at
(561) 233-4460.



Palm Beach County
Board of County Commissioners





<p style="text-align: center;">GENERAL INFORMATION ON YSD'S FREE PCIT</p>	<p style="text-align: center;">WHAT TO EXPECT DURING YOUR PCIT TREATMENT EXPERIENCE</p>
<ul style="list-style-type: none"> • PCIT is an evidence-based behavioral parent training therapy • Teaches parents skills to enhance their relationship with their child • Helps parents manage their child's difficult behaviors • Helps to reduce parenting stress • PCIT services are FREE 	<ul style="list-style-type: none"> • The length of treatment is typically 12-18 sessions, but also depends on how quickly the family learns PCIT skills and how quickly their child's behavior improves. • PCIT is offered in-person and through telehealth. Families enrolled in PCIT will be assigned a therapist to serve as their coach, and will meet with their PCIT coach for one hour each week. • Using headphones and video, parents are coached while interacting and playing with their children.
<p style="text-align: center;">GETTING STARTED</p>	
<ul style="list-style-type: none"> • For more information or to schedule an intake for PCIT, please call Youth Services at 561-233-4460 or please email: YSD-edcenterppt@pbcgov.org • To learn more please visit pbcgov.com/youthservices/educationcenter 	

TREATMENT IS DIVIDED INTO TWO PHASES

- **Phase 1:** Parents learn and apply skills to improve their child's positive behaviors and strengthen their relationship.
- **Phase 2:** Parents learn to use effective discipline in order to manage their child's behaviors and increase compliance.



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