

# Parenting Skills Bootcamp Class

*Hosted by Amani Clinical Services*

15 Spinning Wheel Road, Suite 116,  
Hinsdale, IL 60521

Available in-person or virtually via Zoom

\$250 per household

Class, Consultation and materials included  
(no insurance accepted)

## *What to Expect*

This hands-on, evidence-based bootcamp helps parents and caregivers learn the most effective parenting strategies—then tailor them to work at home.

Led by clinical psychologist Dr. Nikki Massey-Hastings, this workshop blends powerful insight with practical application, giving you the tools to bring greater harmony into your home.



**Presented By:**

*Dr. Nikki  
Massey-Hastings,  
PsyD*

Licensed Clinical Psychologist, HSP,  
PMH-C; Pediatric, Family, Couple, and  
Family Formation Specialist, Founder of  
AMANI Clinical Services in Hinsdale  
Illinois

*[www.amaniclinical.com](http://www.amaniclinical.com)*

## *Session 1: Key Parenting Skills Class (3 hours)*

Choose one of the following dates:

- Sunday, May 25 · 12:00 PM – 3:00 PM
- Saturday, June 28 · 10:00 AM – 1:00 PM
- Sunday, July 20 · 12:00 PM – 3:00 PM

In-person or virtual class focused on the most useful and evidence based parenting skills and their application; tailored support to devise a plan to increase harmony in the home

Handouts, scripts, and a personalized implementation plan included

## *Session 2: Private Consultation (30 minutes)*

After the class, each household schedules a private one-on-one consultation with Dr. Massey-Hastings to to review implementation of the plan and support to make it work even better.

## *Registration*

- Fee: \$250 per household
- Payment is required to reserve your spot
- Registration is non-refundable and space is limited
- Email [scheduling@amaniclinical.com](mailto:scheduling@amaniclinical.com) to sign up

## *Include the Following in Your Email*

- Parent 1 Name
- Parent 2 Name (if applicable)
- Children's Names and Ages
- Email for Square Invoice
- Phone number (if you prefer to provide card info by phone)
- How you heard about the course



**AMANI**  
CLINICAL SERVICES