

COMMON SENSE PARENTING

Here's a Chance for Life Long Learning!

A 6-session program offered by Growing Up Together.

Classes are held at St. Mary's Healthcare Center.



Tuesdays

March 6, 13, 20, 27,
April 3, and 10, 2012
6:00 PM to 8:00 PM

Pre-registration is required.
To register or for more information
call 224-3189.

Childcare assistance is available
ask for details when registering for the class.

Common Sense Parenting is for parents, grandparents or caregivers with children and adolescents ages 3 and up. The skills learned can be used with any parenting style and with any single parent, two-parent, or multi-parent set of rules.

Meaningful topics covered:

- Parents as Teachers
- Effective Praise
- Teaching Self-Control
- Staying Calm
- Positive/Negative Consequences

Participants will learn how to:

- Reduce family stress
- Support success in school
- Diminish yelling and fighting
- Reduce problem behavior
- Increase confidence
- Enrich relationships with children

The cost is \$30.00 for the class. The reference book is optional and costs \$15.00. **Scholarships** are available, there are no qualification to meet, and fees can be waived. Inquire about the scholarship when you register for the program.

