

"Active Parenting"

Active Parenting is a program just for you because we realize the challenges of being a parent in this day and time are immense. As parents, you need to be the best you can be. Active Parenting is a program based on the research and knowledge of Alfred Adler & Rudolf Driekurs, two leading psychologists in the field of child development.

SOME OF THE TOPICS TO BE DISCUSSED INCLUDE:

- * Beliefs You Bring To Parenting
- * Discovering Your Parenting Style
- * Discipline Methods That Work
- * Understanding The Four Goals Of Behavior
- * How To Manage Anger & Resolve Conflict
- * Teaching Responsibility
- * How To Develop Mutual Respect
- * Communication Skills That Win Cooperation
- * The Three Keys To Self Esteem
- * How To Enhance The Family Unit
- * Learn Prevention Strategies To Keep Your Family Safe

The methods outlined in this program will work with any child, from toddlers to teens. You will learn the basic concepts that all parents need. Following the guidelines guarantees results!

The "Active Parenting" program is a 15 week course. The course is taught by a certified Master Facilitator, with many years of experience.

Group meets Thursdays at the Health Department from 7:00-9:00 P.M.
There is no cost to attend.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL
DEBRA TURNBULL AT 231-627-6015