

# Parenting Workshops

*Our workshops are designed to give parents tips and tricks to help navigate through the different challenges of parenting. They offer information to parents so they can make the best decisions for their family. The workshops are based on discussion, questions, and interest. Come to one or come to all!*

**Registration: Call/Text 263-5270**

*Zoom Training!  
Learn from the  
comforts of your  
home!*



*Free and  
Open to the Public!*

**Wednesday: January 27 at 4:00-5:00pm**

**Praising Children and their Behavior:** Let's talk about all the ways your child is succeeding and how to let them know! Praise is important and valuable to a child's growth and development. Learn how to be successful with positive behavior.

**Wednesday: February 24 at 4:00-5:00pm**

**Alternatives to Spanking:** Discipling can be hard! Join us as we discuss a variety of ways to help parents manage their children's behaviors without spanking.

**Wednesday: March 31 at 4:00pm - 5:00pm**

**Positive Ways to Deal with Stress and Anger:** Parenting and life can be challenging. Everyone has good and bad days and we all get stressed out from time to time. Learn and understand the ways to calm yourself and manage stress.

ZOOM ID: 384-800-5813

ZOOM Password: children



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