

FREE Parenting Programs!



Practical ways to tackle the challenges of raising children ages 5 to 12

Through this program you will learn skills that will help you develop cooperation, responsibility and good character in your children. You'll also learn positive discipline techniques so you can avoid those all-too-familiar power struggles. Best of all, you'll be able to share ideas with other parents who know exactly what you're going through!

Classes offered: Active Parenting Now, Active Parenting of Teens, Managing Stress and Anger in the Family, Activos Padres de Hoy,

Crossroads of Parenting and Divorce, and Active Parenting Teen Parent Program. Please contact us for information and to sign-up – pcar@bellsouth.net or 770-483-7333.

Here's what you'll be learning:

- What your kids will need to succeed
- Styles of parenting
- Mutual respect
- "Method of choice"
- Handling problems
- Building cooperation
- Active communication
- Teaching responsibility
- Effective discipline techniques
- "I" messages
- Logical consequences

- Why children misbehave
- The "FLAC" method of defusing power struggles
- Think-Feel-Do cycle
- Character, courage, self-esteem
- Stimulating independence
- Power of encouragement
- Parents influencing events
- Family council meetings

Sign up today!

- **Date: Tuesday evenings from 1/19/10**
- **Time: 6:00 – 8:30 PM**
- **Location: Conyers First United Methodist Church
921 Main Street, Conyers, 30012**
- **To register: call 770-483-7333 Espanol: 678-559-5062**

FREE Dinner

FREE Childcare

FREE Classes

Sponsored by PCA Rockdale

