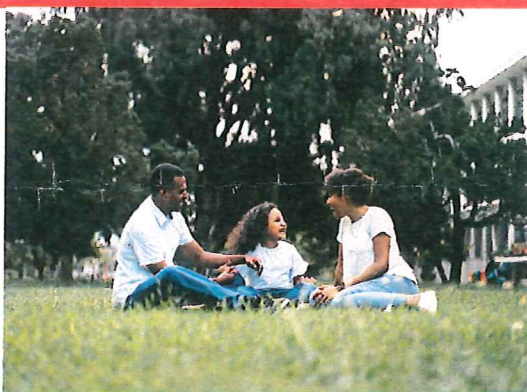




EMBRACE THE JOY OF PARENTING YOUR 5-12 YEAR OLD



Active Parenting will give you skills to achieve a fuller, more satisfying family life, and to help your children achieve greater happiness and success. This workshop is geared towards **parents with children from 5-12 years old** and will show you effective ways to:

- Use discipline that really works
- Open up lines of communication—before they get clogged
- Defuse power struggles with your children
- Family fun and bonding - building closer relationships

This is a FREE program offered to Sagadahoc, Knox & Waldo County families through ZOOM

3 week programs

Mondays, February 22, March 1 & March 8, 2021

6:00 - 8:00 P.M.

OR

Tuesdays, February 23, March 2 & March 9, 2021

9:00 - 11:00 A.M.

For more information or to register, contact Helen Rogers at (207) 844-1285

Brought to you by Families CAN!

A program of Midcoast Maine Community Action

www.midcoastmainecommunityaction.org

Search "families can" to like us on Facebook!

Supported by the Department of Health and Human Services and the Maine Children's Trust

