

# Parenting Series



**Are you feeling totally stressed-out?  
Does it feel like the kids are driving you crazy?**

**Family Connections invites parents and other care-givers of young children to join us for a FREE - 8 week parenting series.**

*A light meal and childcare will be provided and it's all **FREE!***

**SOME OF THE TOPICS COVERED:**

**Coping With Stress**

- Understanding our strengths
- Problem solving
- Recognizing and managing feelings
- Positive statements
- Improving social supports

**Coping with Kids**

- Positive attention
- Giving directions - giving choices
- Using Rules and Consequences
- Time Out
- Managing our anger



**Call (216) 321-0079 to register!**

<p><b>Wednesday, 6-8 pm</b> <b>Family Connections</b> Coventry School Building 2843 Washington Boulevard Cleveland Heights 44118</p>
<b>October 26</b>
<b>November 2</b>
<b>November 9</b>
<b>November 16</b>
<b>November 30</b>
<b>December 7</b>
<b>December 14</b>
<b>December 21</b>