



Strong Families Build Strong Communities

# 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!**

**Wednesday, 6-8 pm**

**Family Connections**  
Coventry School Building  
2843 Washington Boulevard  
Cleveland Heights 44118

**April 18**

**April 25**

**May 2**

**May 9**

**May 16**

**May 23**

**May 30**

**June 6**

Parenting Classes are made possible due to the generous support of individual donors.

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