



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 - 4 week parenting series.**

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

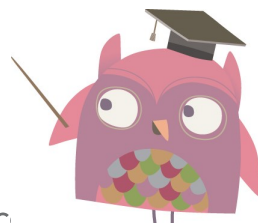
SOME OF THE TOPICS COVERED:

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



Wednesday, 6-8 pm

Family Connections
Coventry School Building
2843 Washington Boulevard
Cleveland Heights 44118

January 9

January 16

January 23

January 30

Call (216) 321-0079 to register!

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

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