

Help for Parents!

Parenting Workshops & Discussion Groups Hosted by Project Self-Sufficiency

Seminars & Discussion Groups

Attend In Person or Online

Power of Positive Parenting	September 2, 5:00 p.m.
Raising Resilient Children	September 9, 5:00 p.m.
Raising Confident, Competent Children	September 16, 5:00 p.m.

Positive Parenting Course

Get Help with:

- Positive Parenting
- Helping Children Develop
- Managing Misbehavior
- Planning Ahead

Thursdays at 5:00 p.m.,
in Person or Online!
September 4, 11, 18, 25



24:7 Dads Parenting Course

- Discuss the 5 characteristics of a 24:7 Dad!
- Improve knowledge, behavior, and skills.
- Learn how to be more involved with your children.
- Strengthen the whole family.

Tuesdays & Thursdays, 6:00 p.m.

October 7, 9, 14, 16, 21, 23, 28, 30; November 4, 6, 11, 13

*Get a gift card for attendance –
learn more in class!*



**One-on-One
Coaching
Available by
Appointment**

**Call 973-940-
3500 to
Schedule**

**Online Course Options are Available
on Demand.**

**Get Help with Stress Reduction,
Behavior Issues, and More!**



Free!

**Call 973-940-3500 to Register or
Register Online,**

www.projectselfsufficiency.org/parenting-classes

Childcare Available Upon Request

A program of the Journey Family Success Center

