

Help for Parents!

Check Out a Workshop Near You!



FREE!
Call 973-940-3500
to Register!

Power of Positive Parenting <i>(Triple P)</i>	Project Self-Sufficiency, March 6, 5:30 p.m. Garden Grove Preschool, April 16, 5:00 p.m. Hardyston Middle School, April 17, 7:00 p.m.
Raising Resilient Children <i>(Triple P)</i>	Project Self-Sufficiency, March 13, 5:30 p.m.
Raising Confident, Competent Children <i>(Triple P)</i>	Montague Township School, March 18, 5:00 p.m. Project Self-Sufficiency, March 20, 5:30 p.m. Durban Avenue School, March 26, 6:00 p.m.
Parenting Discussion Group <i>(Triple P)</i>	Project Self-Sufficiency, April 3, 10, 17, 23, 5:30 p.m.

“Triple P” Addresses Behavior Issues, Stress, & More

Learn practical strategies to address disobedience, mealtime and bedtime strategies, toilet-training, and other topics while reducing stress and building confidence.

“ACT” Targets Anger Management & Discipline

Understand behavior, learn effective anger management and positive discipline. Class completion certificate available.

Dinner is On Us! Pizza & Childcare Available at All Sessions.

Effective, evidence-based parenting programs backed up by more than 35 years of ongoing research.

For Every Parent!



Attend 2 out of 3 workshops and receive a \$25 gift card. Attend THREE workshops and receive a \$50 gift card!



A program of **Project Sussex Kids** and the **Journey Family Success Center**.
 Funded by the New Jersey Department of Children & Families.

