

Help for Parents!

Individual Coaching, Workshops, & Discussion Groups

Hosted by Project Self-Sufficiency



One-on-One Coaching for Parents

Personalized Instruction—
Drop In's Encouraged!

Tuesdays, 4:00—6:00 p.m.
September 10, 24; October 8, 22

FREE!

Call
973-940-3500
to Register

Address Behavior—Reduce Stress—Build Confidence

Group Positive Parenting Class

Positive Parenting	September 17, 5:00 p.m.
Helping Children Develop	September 24, 5:00 p.m.
Managing Misbehavior	October 1, 5:00 p.m.
Planning Ahead	October 8, 5:00 p.m.

Using Positive Parenting Strategies, Sessions 5—8

- ⇒ 3 Individualized Phone Sessions
 - ⇒ Program Wrap-Up by Phone or In-Person
- Receive a Gift Card for Attending
7 out of 8 Sessions!

Workshops Targeted to Your Needs

Power of Positive Parenting	September 4, 5:00 p.m.
Raising Resilient Children	September 11, 5:00 p.m.
Raising Confident, Competent Children	September 18, 5:00 p.m.
Developing Good Bedtime Routines	October 2, 5:00 p.m.
Hassle Free Mealtimes with Children	October 9, 5:00 p.m.
Managing Fighting & Aggression	October 16, 5:00 pm.
Dealing with Disobedience	October 23, 5:00 p.m.
Hassle Free Shopping with Children	October 30, 5:00 p.m.



Project Sussex Kids
Sussex County Council for Young Children



A program of Project Sussex Kids and the Journey Family Success Center.