

Help for Parents!

Positive Parenting Course *Hosted by Project Self-Sufficiency*

Courses Offered In Person or by Zoom,
Thursdays, 2:00 p.m. or 6:00 p.m.

Get Help with:

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

Choose the Session that fits Your Schedule!

- July 10, 24, 31
- August 7, 14, 21, 28
- September 4, 11, 18, 25

Childcare Available Upon Request

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

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



Free!

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

www.projectselfsufficiency.org/parenting-classes

**Learn how to raise happy, confident,
well-behaved children and create a
positive family environment.**

**Enhance parenting skills, boost
confidence, and improve family
relationships.**

A program of the Journey Family Success Center

