

Help for Parents!

Check Out a Workshop Near You!



FREE!
Call 973-940-3500
to Register!

Pizza & Childcare Available Upon Request

Parenting Discussion Class (Triple P)	Project Self-Sufficiency, February 7, 15, 21, 28, 6:00 p.m.
Power of Positive Parenting (Triple P)	Project Self-Sufficiency, January 10, 6:00 p.m. Durban Avenue School, January 23, 6:00 p.m.
Raising Resilient Children (Triple P)	Project Self-Sufficiency, January 17, 6:00 p.m. Montague Township School, February 13, 5:00 p.m.
Raising Confident, Competent Children (Triple P)	Project Self-Sufficiency, January 24, 6:00 p.m. Project Self-Sufficiency, February 13, 6:00 p.m. Durban Avenue School, February 27, 6:00 p.m.
Dealing with Disobedience (Triple P)	Sunny Days Childcare, February 21, 6:00 p.m.
ACT Raising Safe Kids Class	Tuesdays, <i>via Zoom</i> , January 23—March 5, 6:00 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.

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.

