

Positive Parenting

For Parents and Caregivers of Children ages 7 through teens

In a relaxed and supportive atmosphere, parents discuss behavior Challenges, and learn effective, research-based methods of communication and discipline. Parents will learn to use positive reinforcement to successfully change behavior while improving their relationship with their child. Parents can expect to see the following outcomes in their children:

- **Improved Self-Esteem**
- **Increased Cooperation**
- **Improved Family Atmosphere**
- **Improved Parent–Child Communication**

The challenging child will be the focus of this course.

Three Tuesday evenings, dinner and childcare provided.

February 1, 8 & 15, 2011 from 6pm – 8pm.

Held at Birch Grove Primary School in the Media Center

This course will be taught by Joe Freeman, LCSW

**To register please call Suzanne Appleton at the
Tolland Family Resource Center
860-870-6750 ext 5 or e-mail sappleton@tolland.k12.ct.us**

**This program is provided at no cost to parents
through the Tolland Board of Education's ARRA IDEA Grant.**