

# 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!**

- 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](http://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*

