

Help for Parents!

Individual Coaching, Workshops, & Discussion Groups

Hosted by Project Self-Sufficiency

Address Behavior—Reduce Stress—Build Confidence

Group Positive Parenting Class

Learn How to Use Positive Parenting Strategies

- ⇒ 5 In Person Classes:
 - ⇒ January 16, 23, 30; February 6, 13
- ⇒ 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

Developing Good Bedtime Routines	January 14, 5:00 p.m.
Hassle-Free Mealtimes with Children	January 21, 5:00 p.m.
Managing Fighting & Aggression	January 28, 5:00 p.m.
Dealing with Disobedience	February 4, 5:00 p.m.
Hassle-Free Shopping with Children	February 11, 5:00 p.m.
The Power of Positive Parenting	February 25, 5:00 pm.



One-on-One Coaching for Parents

Available by Appointment—
Call 973-940-3500
to Schedule!



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

FREE!
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to Register!



Project Sussex Kids
Sussex County Council for Young Children

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JOURNEY

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