

Help for Parents!

Check Out a Workshop Tailored to Your Needs!



FREE!
Call 973-940-3500
to Register!

Dinner is On Us!
Pizza & Childcare Available at All Sessions.

Seminars @ 5:30 p.m.

Power of Positive Parenting
May 1

Raising Resilient Children
May 8

Raising Confident, Competent Children
May 15

Attend 2 seminars and
get a \$25 Shop Rite gift
card; attend all 3 and get
a \$50 Shop Rite card!



Discussion Groups @ 5:30 p.m.

Hassle Free Shopping with Children
June 5

Developing Good Bedtime Routines
June 12

Dealing with Disobedience
June 19

Hassle Free Mealtimes with Children
June 26

Attend 3 out of 4 discussion groups and get a \$50 Shop Rite card!

Effective, evidence-based parenting programs
backed up by more than 35 years of ongoing
research.

For Every Parent!



Address 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.



A program of **Project Sussex Kids** and the **Journey Family Success Center**.
Funded by the New Jersey Department of Children & Families.

