

Parent Groups for Effective Parenting

Provided by Center for Humanistic Change, Inc.

Registration is Required

Register at

<https://www.thehc.org/public-online-programs-calendar.html>

For more information, please contact:

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Mission Statement

We give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.

"This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol."



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TOM WOLF, GOVERNOR |
JENNIFER SMITH, SECRETARY

A weekly opportunity to learn and meet other parents!

Time: 6:00 p.m. – 7:30 p.m.

Location: VIA ZOOM

Click on our website for zoom information!

Free of charge!!!

Dates:

Wednesday, August 19th

Understanding Yourself and Your Child

- Learn to expect your child to cooperate.
- Learn your parenting style

Wednesday, August 26th

Understanding Beliefs and Feelings

- Learn how to improve a child's behavior by changing your approach.

Wednesday, September 2nd

Encouraging Your Child and Yourself

- Learn to use encouragement to build your child's self-esteem.

Wednesday, September 9th

Listening and Talking to Your Child

- Learn how to build a relationship by listening and talking together.

Wednesday, September 16th

Helping Children Learn to Cooperate

- Learn how children can be responsible for some of their own problems.

Wednesday, September 23rd

Discipline that Makes Sense

- Learn that discipline is a way to guide your child to make good choices.

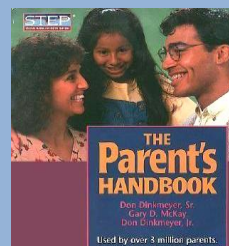
Wednesday, September 30th

Choosing Your Approach

- Learn that the approach you use depends on the situation.

Systematic Training for Effective Parenting (STEP) is an interactive practical approach to parenting and handling challenging behaviors.

Professionals have used this evidenced based parenting program for over 30 years, with over 4 million participants to date. The program promotes improved communication and relationships.



Presented by: Center for Humanistic Change, Inc.