



Strong Families Build Strong Communities

# Parenting Series

Are you feeling totally stressed-out?

Does it feel like the kids are driving you crazy?

Family Connections invites parents and other care-givers of young children to join us for a **FREE - 8 week parenting series.**

A light meal and childcare will be provided and it's all **FREE!**

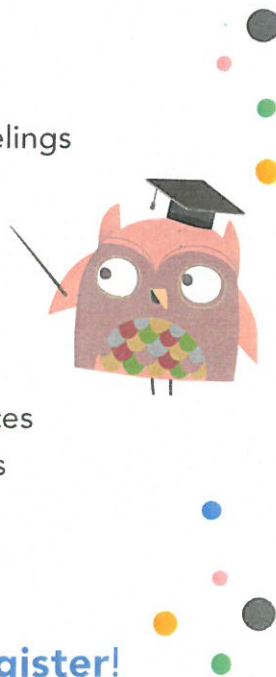
### SOME OF THE TOPICS COVERED:

#### Coping With Stress

- Understanding our strengths
- Problem solving
- Recognizing and managing feelings
- Positive statements
- Improving social supports

#### Coping with Kids

- Positive attention
- Giving directions - giving choices
- Using Rules and Consequences
- Time Out
- Managing our anger



<b>Wednesday, 6-8 pm</b>	
<b>Family Connections</b> Coventry School Building 2843 Washington Boulevard Cleveland Heights 44118	
	<b>April 10</b>
	<b>April 17</b>
	<b>April 24</b>
	<b>May 1</b>
	<b>May 8</b>
	<b>May 15</b>
	<b>May 22</b>
	<b>May 29</b>

Call (216) 321-0079 to register!

Parenting Classes are made possible due to the generous support of individual donors.

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