

Being a Parent Isn't Easy

Come to the Parent Academy to Solve the Puzzles

Would you like your children to...		
<i>Listen to you More?</i>	<i>Treat you Respectfully?</i>	<i>Do well at School?</i>
Do you feel...		
<i>Stressed and Frustrated?</i>	<i>Unappreciated and Misunderstood?</i>	

March 30th, April 6th, 13th, 20th, 2010 6:30 - 8:30 PM
150 Albany St., New Brunswick, NJ 08901

Here's what to expect...

Spend Time...

- Making new friends while sharing ideas and gaining support from other parents
- Learning hands on techniques for good parenting
- Getting involved in a fun parenting group
- Feeling more confident

Learn How To...

- Use limits and structure to minimize chaos in the family
- Identify and implement rules that work in your home
- Identify and share techniques that encourage healthy communication
- Strengthen the relationship between you and your child.

Register for 1 or all 4 Classes

Certificates of attendance will be issued to all participants.

Enroll for the Series for \$45 or just a class at \$15.

To register call: Carole O'Brien at 732.246.8060 ext. 109
or email at cobrien@preventchildabusenj.org