



# Parenting During Stressful Times

Mondays from 6-7pm (online)

1

## Early Brain Development & Self-Regulation

Learn how your child's brain is developing and how your special bond can strengthen your child's ability to calm, attend and problem solve.



8/2  
8/30  
10/4  
11/1

2

## Understanding Challenging Behaviors

Become a "Stress Detective." Explore the message behind challenging behaviors and deepen your understanding of how and why children express feelings and emotions through behavior.



8/9  
9/13  
10/11  
11/8

3

## Positive Parenting

Explore your discipline philosophy and learn strategies to connect, validate, listen and reflect with your child.



8/16  
9/20  
10/18  
11/15

4

## Stress Management & Self-Care

Learn about the impact of stress and explore helpful techniques to calm your body and mind



8/23  
9/27  
10/25  
11/22

**\$20 per class or \$70 for series of 4 classes. All classes are delivered by a Child & Family Specialist**  
**Sign up by phone or online @ <http://weblink.donorperfect.com/parentingworkshop>**