

1,2,3,4 PARENTS!

Hey Moms, Dads & Caregivers! Is parenting your young child tougher than you thought it would be? Attend this **3**-session workshop and learn: why your child acts the way they do, how to keep your child safe, how to bond with your child, why taking care of yourself is important, & how you can discipline your **1 - 4** year old.

- **Fridays July 9 – 23, 2010 (3 Sessions)**

Time: 9:30 am – 11:30 am; *Cost: \$30 per person / \$45 per couple

Workbook: \$20.00

Facilitator: Sheryl Sargent



POSITIVE DISCIPLINE

Positive discipline is a 4, 3 – hour session approach to parenting. It is a way of thinking built on **4** principles of effective parenting – focusing on identifying long-term goals, providing warmth and structure, understanding how children think and feel, and problem solving.

- **Saturdays August 7 – 28, 2010 (4 sessions) †**

Time: 1:30 – 4:30 pm; *Cost: \$70 per person / \$125 per couple

Workbook: \$15.00

Facilitator: Michele Hucul



† a 2 hour follow-up session for this course will be held **3** weeks after the last workshop date. Your instructor will provide this date and time to you.

Please note: all courses will be held at our Parent Place (630 Cadder Avenue)

To register contact:

The Bridge Youth & Family Services Society

250- 763- 0456

1829 Chandler Street, Kelowna

email: info@thebridgeservices.ca

❖ Healthy snacks provided. Childcare is available when requested at registration, though space is limited.

❖ Subsidies are available upon request!

We appreciate the funding support from City of Kelowna and Central Okanagan Foundation.