



Parenting is hard.  
Let us help!

## Parents, Stay Positive!

**FREE** 9-week Positive Parenting Workshop for parents and caregivers of pre-teens and teens. Take the guesswork out of parenting teenagers!

### Group Teen Triple P

Classes will be offered Thursday evenings 6:15-7:45pm

Meeting Room A- April 20<sup>th</sup>, April 27<sup>th</sup>, May 11<sup>th</sup>, May 25<sup>th</sup>, 2023

Meeting Room C- June 8<sup>th</sup>, June 15<sup>th</sup>, 2023

This class will be held at the Pickerington Library

201 Opportunity Way Pickerington, OH 43147

You must register by Monday April 19<sup>th</sup>, 2023, to attend this class series.

#### Classes will cover:

- The power of positive parenting techniques
- Factors influencing teenagers' behavior
- Keeping track of teenager's behavior
- Developing positive relationships with teenagers
- Increasing desirable behavior
- Acknowledging teenagers' emotions

Each participant will also have 3 one-on-one phone sessions with the group leaders to make the information *really* work for their families.

For more information and to register contact  
Family, Adult and Children First Council at  
[brandy.heeter@fairfieldcountyohio.gov](mailto:brandy.heeter@fairfieldcountyohio.gov)  
or 740-652-7287.



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.™*



**Ohio Children's Trust Fund**  
*Ohio's Prevent Child Abuse America Chapter*



## **FREE** Parenting Workshop

Supportive, small group to connect with other parents about raising young children. You can attend the sessions below for **free**

[Hassle Free Outings](#) March 1<sup>st</sup>, 2023, 9-11am

[Dealing with Disobedience](#) March 8<sup>th</sup>, 2023, 9-11am

[Developing Good Bedtime Routines](#) March 15<sup>th</sup>, 2023, 9-11am

[Managing Fighting and Aggression](#) March 22<sup>nd</sup>, 2023, 9-11am

[Hassle Free Mealtimes](#) March 29<sup>th</sup>, 2023, 9-11am

These classes will be held in-person at Connexion West  
625 Garfield Ave. Lancaster, Ohio 43130

You must register for the classes at least one day prior to the class date. For more information or to register call 740-652-7287 or email [Brandy.heeter@fairfieldcountyohio.gov](mailto:Brandy.heeter@fairfieldcountyohio.gov)

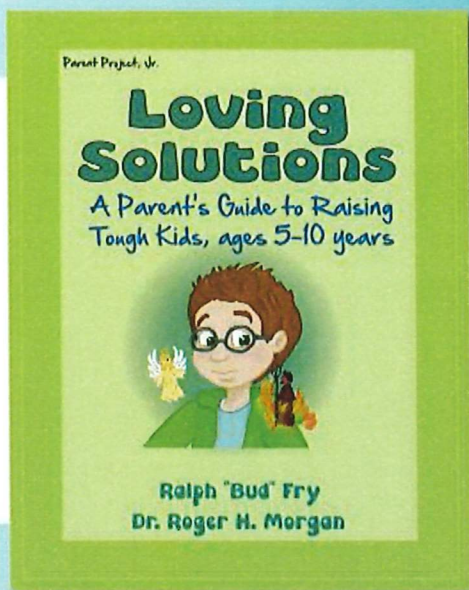


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*"When your child needs a hospital, everything matters."*





# The Manual The Hospital Forgot to Give You.

## Concrete Solutions For Tough Kids

- Learn how to never argue with your child again!
- Improve school performance!
- Stop unwanted behaviors!
- Answers for parents of children diagnosed with ADD/ADHD

**Begins March 15<sup>th</sup>, 2023**

6-week series

Wednesdays, 6:00-8:00PM

March 15<sup>th</sup>, March 22<sup>nd</sup>, April 5<sup>th</sup>,  
April 19<sup>th</sup>, April 26<sup>th</sup>, May 3<sup>rd</sup>,

**This class is in-person at 831 College Ave.  
Lancaster, Ohio 43130 (Agriculture Center)  
You must register by March 9<sup>th</sup>, 2023**

Contact Family, Adult & Children First Council  
at [www.facfc.org](http://www.facfc.org), 740-652-7287 or  
[brandy.heeter@fairfieldcountyohio.gov](mailto:brandy.heeter@fairfieldcountyohio.gov)  
for more information and to register.



Sponsored by:



Fairfield County  
**ADAMH**  
Mental Health & Recovery Matter







If you would like more information on:

- ✓ Addressing the special needs and circumstances that emerge when stepfamilies form
- ✓ Blending different cultures and histories
  - ✓ Establishing new relationships
- ✓ How to start smiling with your kids again

This is the FREE 6-week series for you!

May 10<sup>th</sup>, May 17<sup>th</sup>, May 24<sup>th</sup>, May 31<sup>st</sup>, June 7<sup>th</sup>, June 14<sup>th</sup>, 2023  
6:30-8:30 PM

This class is held at the Agriculture Center  
831 College Ave. Lancaster, OH 43130

You must register for the class by May 5<sup>th</sup>,

To register, contact: Brandy Heeter, Parent Education Coordinator  
740-652-7287 or [brandy.heeter@fairfieldcountyohio.gov](mailto:brandy.heeter@fairfieldcountyohio.gov)

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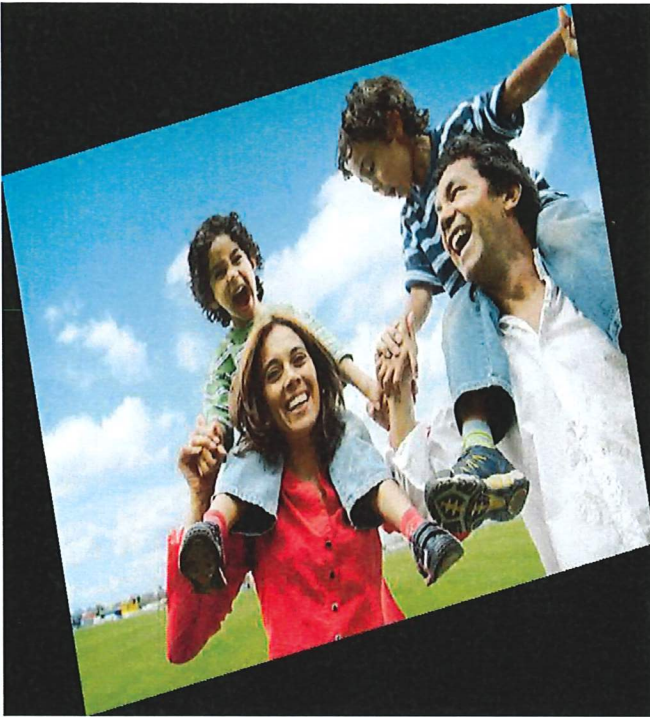




# Embrace the JOY of Parenting

## An Active Parenting series

for parents with children ages 5-12 years old is starting soon!



If you would like more information on:

- ✓ Mutual Respect and How to Achieve It
- ✓ Teaching Responsibility
- ✓ Discipline vs Punishment
- ✓ Ways to Help Your Child Succeed in School
- ✓ How To Start Smiling With Your Kids Again!

This is the Free 6 week series for you!

Classes are Friday afternoons.

May 5<sup>th</sup>, May 12<sup>th</sup>, May 19<sup>th</sup>, May 26<sup>th</sup>, June 2<sup>nd</sup>, June 9<sup>th</sup>, 2023

12:00-2:00pm

Family, Adult & Children First Council  
Agriculture Center

831 College Avenue, Lancaster, Ohio 43130

**You must register for the class by Friday April 28<sup>th</sup>, 2023.**

To register, contact:

Brandy Heeter, Parent Education Coordinator

740-652-7287 or [brandy.heeter@fairfieldcountyohio.gov](mailto:brandy.heeter@fairfieldcountyohio.gov)



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