



Parenting is hard.
Let us help!

Parents, Stay Positive!

Positive Parenting Program – *Triple P* FREE 5-Week Course

For parents and caregivers of children from birth through age 12

Thursdays from 9:30-11:30am at the
Lancaster YMCA

February 3rd, February 10th, February 17th, February 24th &
March 24th

You must register by Friday January 28th for the class

Classes will cover:

- Power of positive parenting techniques
- What causes kids' behaviors
- Setting goals for change
- Tips on how to reconnect with your child and build your positive relationship
- Giving directions kids are likely to follow

This 5-week program includes 3 one-on-one phone/in-person sessions with the group leader 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 or 740-652-7287

