



# ANTI x BULLYING INSTITUTE

[AntiBullyingInstitute.org](http://AntiBullyingInstitute.org)

## FREE CLASS

Parents will learn to:

Identify bullying and cyberbullying

Talk about bullying

Teach child steps to stop bullying

Build up child's self esteem

If you are a parent or guardian of a child who is struggling with bullying and desire additional information and resources to combat bullying, the Anti-Bullying Institute offers FREE parent classes throughout Inland Southern California. Participants will receive valuable information on bullying and learn how to effectively address bullying issues. Topics include an in-depth overview of traditional bullying and cyber bullying; identifying cues that your child is being bullied or is a bully; talking about bullying and maintaining open lines of communication with your child; and keeping kids connected, protected and safe online.

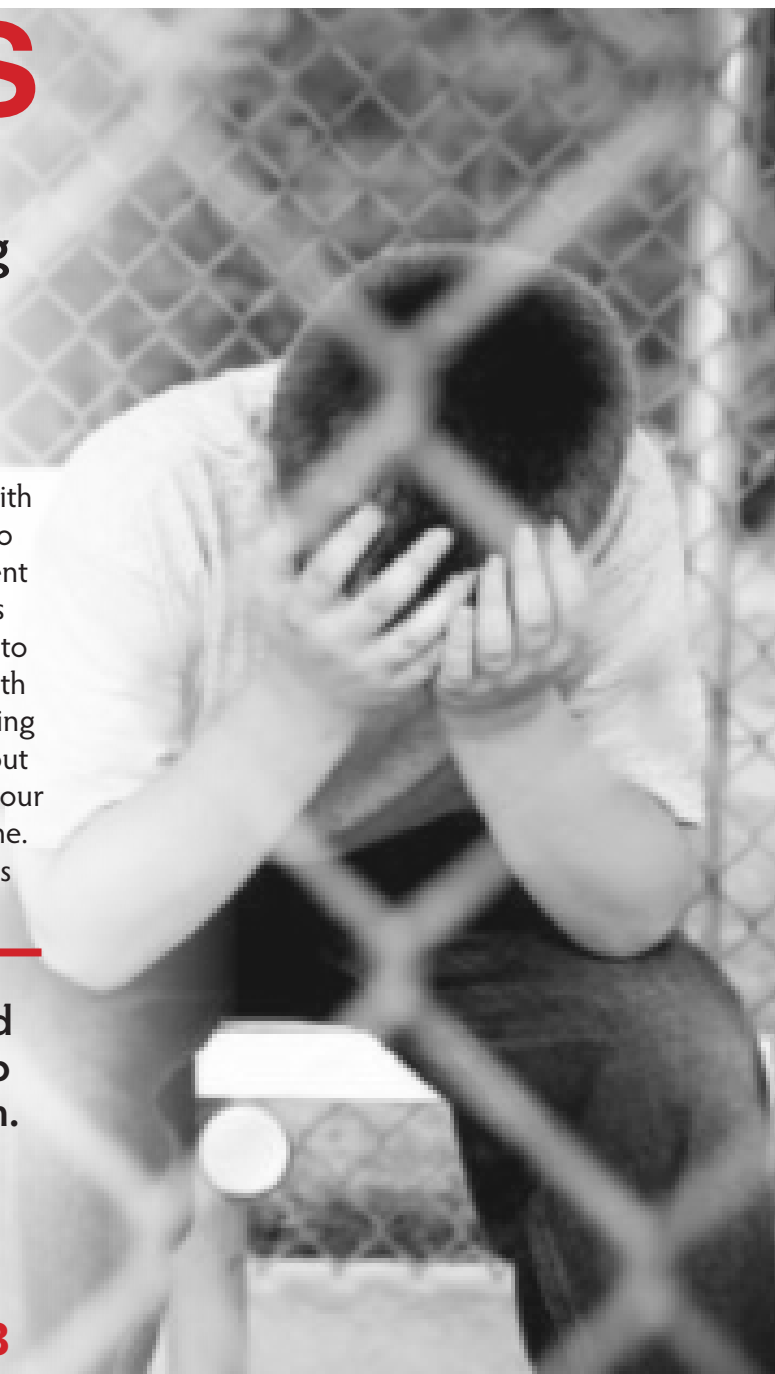
Instructors will allow time during each session for questions related to parents' specific situations.

If your school or organization is interested in hosting a class, please go to training tab on our website and fill out the online form.

[AntiBullyingInstitute.org](http://AntiBullyingInstitute.org)

These 1 hour classes are FREE and can be presented in English or Spanish.

For More Information 951.321.6533



**RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION**

support groups | educational conferences | lecture series

*Riverside Medical Clinic Charitable Foundation is dedicated to improving the health and quality of life in Inland Southern California through advocacy, individual and professional education, and service.*

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