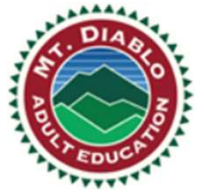




Parent Education Program Mt. Diablo Adult Education



PARENT WORKSHOP

This is a mandatory event for families attending Parent Education School Readiness Classes

Anger Management for Parents: Help You and Your Child Manage Anger, Frustrations, and Challenges

Develop practical tools and strategies for managing anger and frustration both for parents and their children. We will cover strategies for dealing with anger in the moment, as well as ways to coach children to deal with their upset in healthy and productive ways.

Presented by: Melissa Allen, MDAE Parent Education Instructor

Open to the
Public



Wednesday January 24th
6:30 – 8:00 pm

Loma Vista Adult Center Multi-Use Room
1266 San Carlos Avenue, Concord

For more information, contact us at parented@mdusd.org or call (925) 685-7340, ext. 6720

Para más información, comuníquese con Irma Toman a tomani@mdusd.org o al (925) 685-7340 ext. 6722

Visit the Parent Education website at www.mdae.mdusd.org