

# Free Parenting Workshops

November 6, 2019 - January 15, 2020

## Parenting in 2019 - 2020

Our therapists will be offering presentations that will allow parents to gain practical skills for navigating difficult behaviors paired with an open discussion with other parents who are facing similar challenges



### The following topics will be covered

- Nov 6 Tantrums vs Meltdowns: Helping Your Child Manage Distress
- Nov 13 Setting Healthy Limits and Boundaries
- Nov 20 Managing Difficult Behavior with Appropriate Consequences
- Dec 4 Anger Management for Parents
- Dec 11 Recognizing Signs of Substance Abuse
- Dec 18 Utilizing the Internet and Social Media Safely
- Jan 8 Parent support and Interventions
- Jan 15 Co-Parenting

All workshops will be held from 5:30-7:00pm at Oak Grove Center, in the Library. RSVP is required, as space is limited for complimentary child care for school age children only with prior registration.

Light refreshments will be provided.

To register or for more information or please contact  
Vesna Lipovaca at 951.677.5599 ext. 2289 or  
[vesnal@oakgrovecenter.org](mailto:vesnal@oakgrovecenter.org)

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