



RED OAK
BEHAVIORAL HEALTH

ACTIVE PARENTING

THE FIRST FIVE YEARS



Join us to learn about:

Ages and Stages of Development

This 4-week class is **FREE** for parents & guardians of APS preschoolers.

Building a Strong Bond

Childcare*, Dinner, Book, and Workbook provided.

Using Mindfulness to Keep Calm

Wednesdays 5-6:30 pm
January 28 - February 18

Effective Discipline Young Children Can Understand

**RED OAK BEHAVIORAL HEALTH
611 W. MARKET ST., AKRON**

*Two children max. per family.
Children must be 18 months or older.

Your child's first few years are so important! Learn how to make the most of them with *Active Parenting: The First Five Years*. This course will **show you how to nurture your child with a "just right" combination of freedom and non-violent discipline**. Help give your kids a strong start.

To RSVP or with any questions: Contact Kelli Law, Red Oak's Parent Program Coordinator to learn more at klaw@redoakbh.org or **330-685-8413**.

