

Even the best parents...



...can use a helping hand.

Children grow and mature before our eyes, even more so in today's fast-paced global society. They are constantly faced with new pressures, issues, and trends. As parents, you only want what's best for them, even if sometimes it's not what they want. Communication can become strained and emotions can run high, leaving you wondering how to handle it all.

Progressive Youth Connection's Progressive Parenting

PYC's Progressive Parenting workshops provide comprehensive information about many of the challenges that parents and families face including: effective discipline, communication, conflicts, motivation, and bullying. These sessions provide practical ways for parents to ensure that positive dynamics exist in their homes.

Progressive Youth Connection's Progressive Parenting



Summer 2009 Workshops Include:

- **Healthy Families 101: Wednesday, July 8th**
This workshop addresses ways to create and maintain a healthy home environment, develop effective and consistent discipline, and ensure open lines of communication.
- **Working Through Conflict 101: Wednesday, July 15th**
This workshop addresses ways families can effectively work through conflict and anger and find positive solutions to negative situations.
- **Motivating Your Child 101: Wednesday, July 22nd**
This workshop addresses ways to motivate children and help them positively develop their self-esteem.
- **Bullying 101: Wednesday, July 29th**
This workshop explores all aspects of bullying and cyberbullying, including behaviors, effects and ways to address and prevent it.

Pre-registration required to attend.

Please call 314-963-8368 x203 to reserve your space.

All workshops will be held at the PYC offices
from 10:00-11:00 a.m. Each workshop is \$10 and includes
program materials and refreshments.