

# Help for Parents!

Individual Coaching, Workshops, & Discussion Groups

Hosted by Project Self-Sufficiency

Address Behavior—Reduce Stress—Build Confidence

## Group Positive Parenting Class

### Learn How to Use Positive Parenting Strategies

- ⇒ 5 In Person Classes:  
March 13, 20, 27, April 3, 5:00 p.m.
- ⇒ 3 Individualized Phone Sessions
- ⇒ Program Wrap-Up by Phone or In-Person

Receive a Gift Card for Attending  
7 out of 8 Sessions!

## Workshops Targeted to Your Needs

The Power of Positive Parenting	March 4, 5:00 p.m.
Raising Resilient Children	March 11, 5:00 p.m.
Raising Confident, Competent Children	March 18, 5:00 p.m.
Developing Good Bedtime Routines	April 8, 5:00 p.m.
Hassle-Free Mealtimes with Children	April 15, 5:00 p.m.
Managing Fighting & Aggression	April 22, 5:00 pm.
Dealing with Disobedience	April 29, 5:00 p.m.



### One-on-One Coaching for Parents

Available by Appointment—  
Call 973-940-3500 to Schedule!



**FREE!**  
Call 973-940-3500  
to Register!

A program of Project Sussex Kids and the Journey Family Success Center.

Project Sussex Kids  
Sussex County Council for Young Children

FAMILY SUCCESS CENTER  
JOURNEY  
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