

Embrace the JOY of parenting.



An Active Parenting group is starting soon!

We are proud to bring the acclaimed **Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with drugs, alcohol, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly.

But the heart of the matter is the increased JOY you will experience as a family. Since 1983 over three million parents have learned from this dynamic, entertaining, and fun-filled video and discussion program—and now, so can you!

ACTIVE PARENTING™

4th edition



A video & discussion program for parents of children ages 5 to 12

For more information and sample videos, go to www.ActiveParenting.com/AP4-parents.

Date: 1.11.2024-2.15.2024

Time: 5:30 pm - 7:00 pm

Sponsored by: Rensselaer County Department Mental Health - Free of charge & materials included
Location: Rensselaer Park Elementary School Library

To register, contact: Allie Farley, please scan the QR code for easy registration

Phone: 518.233.6823 ext. 35212

E-mail: afarley@lansingburgh.org

Other details: 6 sessions every Thursday starting 1.11.2024 until 2.15.2024, snow day 2.29.2024



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