

Free Parenting Workshops

September 19 - November 14, 2018

Parenting in 2018

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

- Sept 19 Tantrums vs Meltdowns: Helping Your Child Manage Distress
- Sept 26 Setting Healthy Limits and Boundaries
- Oct 3 Managing Difficult Behavior with Appropriate Consequences
- Oct 10 Anger Management for Parents
- Oct 17 Recognizing Signs of Substance Abuse
- Oct 24 Utilizing the Internet and Social Media Safely
- Nov 7 Parent with Confidence: Avoiding Parenting Pitfalls
- Nov 14 Co-Parenting

All workshops will be held from 5:30-7:00pm at Oak Grove Center. There are limited spaces for complimentary child care for school age children 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
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