

FREE LIVE ONLINE PARENTING CLASSES

Sponsored by the Tolland Family Resource Center

- ✓ Build Strong Connections
- ✓ Reduce Family Stress
- ✓ Get Kids to Listen and Cooperate
Without Raising Your Voice!



Register at: PeaceAtHomeParenting.com/Tolland-Login

		AVAILABLE CLASS RECORDINGS
OCT	<p>OCT 22, 8:15 pm: Disciplina Positiva que funciona (2-12 años)</p> <p>OCT 23, 8:15 pm: Positive Discipline for Children with ADHD, Autism or Anxiety (2 -12 years)</p>	<ul style="list-style-type: none"> • Help Your Child Feel Safe in a Complicated World • Positive Discipline for Peace at Home • Blended Families: Does it ever get easier? • School Success: Inspire Motivation • Self-Regulation: Teach & Model • Neuroscience of Early Childhood • Routines, Chores & Family Meetings • Help Kids with ADHD or Autism Connect • Mindfulness & Parenting • Money & Kids • Take the Stress Out of Parenting • Emotional Intelligence: Teach & Model
NOV	<p>NOV 2, 12 noon: Establece un ambiente de cooperación (2-12 años)</p> <p>NOV 8, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>NOV 12, 8:15 pm: Disciplina Positiva que funciona (2-12 años)</p> <p>NOV 13, 8:15 pm: Social Skills for Kids w/Special Needs (for parents of children with ADHD or Autism)</p> <p>NOV 14, 8:15 pm: Free Q&A Session for All Online Class Participants</p> <p>NOV 15, 12 noon: Infant Toddler Brain Development: Why Parents Matter So Much</p> <p>NOV 15, 8:15pm: Meaningful Holidays: What Kids Really Want that Money Can't Buy (2 -12 years)</p> <p>NOV 19, 12 noon: Infant Toddler Brain Development: Why Parents Matter So Much (Birth – 3 years)</p> <p>NOV 27, 8:15 pm: Be Your Child's Emotional Coach: Help Kids understand and Manage Emotions (2 – 12 years)</p>	
DEC	<p>DEC 3, 8:15 pm: Solve Challenging Behaviors: Parent-Child Teamwork (6 – 12 years)</p> <p>DEC 5, 8:15 pm: FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p>DEC 6, 8:15 pm: Free Q&A Session for All Online Class Participants</p> <p>DEC 7, 12 pm: EAT PLAY SLEEP: Help Infants & Toddlers Grow In Positive Ways (Birth – 5 years)</p> <p>DEC 13, 8:15 pm: Raising Happy Children: Parenting for Optimism & Resilience (2 12 years)</p>	

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join our private Facebook group to connect with other parents working on similar issues. Teachers are available to comment and answer questions. **BONUS:** Participants have access to free monthly online Q&A sessions. Teachers provide follow-up and guidance as parents apply new approaches. Next Q&A Sessions are listed above. Class tests and certificates of participation available.

For more information, contact Laurel Leibowitz at lleibowitz@tolland.k12.ct.us or email us at info@peaceathomeparenting.com.