

Free Parenting Classes!

For Families with Children of all Ages

6:00—8:00 p.m.

Project Self-Sufficiency—127 Mill Street, Newton



Be the BEST Parent you can be!
Topics Include:

- Understanding Children & Teens
- Understanding Behavior of Children & Teens
- Building Self-Esteem
- Communicating with Children & Teens
- Teaching Cooperation
- Effective Discipline
- Nurturing Emotional and Social Development

Parents of School—Aged Children

Tuesdays

September 12—November 28

Parents of Infants, Toddlers & Preschool Children

Tuesdays

September 12—November 28

Parents of Adolescents

Wednesdays

September 13—November 29

Prenatal Parenting

Thursdays

September 14—November 9

Parenting for Fathers

Thursdays

September 14—November 9

Program is FREE and open to the public

Registration Required

Call 973-940-3500 to register

Childcare Provided

Project Self-Sufficiency

127 Mill Street, Newton, NJ 07860 ■ 973-940-3500

www.projectselfsufficiency.org

A program sponsored by the Sussex County Family Success Center at Project Self-Sufficiency, with funding from the New Jersey Department of Children & Families.

