

Help for Parents!

Summer Parenting Workshops & Discussion Groups

Hosted by Project Self-Sufficiency

In Person OR Via Zoom

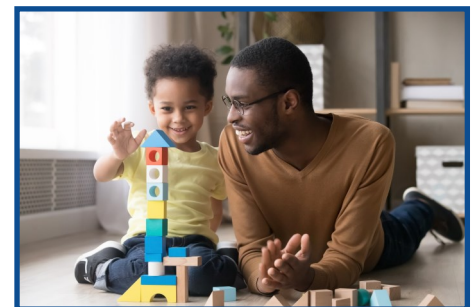
**Call 973-940-3500
to Register or Receive
Log-In Details**



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| Getting Teenagers to Cooperate | July 9, 7:00 p.m.— <i>Via Zoom</i> |
| Power of Positive Parenting | July 11, 5:00 p.m.— <i>In Person</i> |
| Managing Fighting & Aggression | July 16, 7:00 p.m.— <i>Via Zoom</i> |
| Raising Resilient Children | July 18, 5:00 p.m.— <i>In Person</i> |
| Reducing Family Conflict with Teens | July 23, 7:00 p.m.— <i>Via Zoom</i> |
| Raising Confident, Competent Children | July 25, 5:00 p.m.— <i>In Person</i> |
| Coping with Teenagers' Emotions | August 6, 7:00 p.m.— <i>Via Zoom</i> |
| Hassle Free Shopping with Children Discussion Group | August 8, 5:00 p.m.— <i>In Person</i> August 13, 7:00 p.m.— <i>Via Zoom</i> |
| Dealing with Disobedience Discussion Group | July 2, 7:00 p.m.— <i>Via Zoom</i> August 22, 5:00 p.m.— <i>In Person</i> |
| Hassle Free Mealtimes with Children Discussion Group | July 30, 7:00 p.m.— <i>Via Zoom</i> August 29, 5:00 p.m.— <i>In Person</i> |
| Building Teenagers' Survival Skills/ Risk Reduction Strategies | August 20, 7:00 p.m.— <i>Via Zoom</i> |
| Developing Good Bedtime Routines Discussion Group | September 4, 5:00 p.m.— <i>In Person</i> |
| ACT Parenting Class | Tuesdays, June 25—August 13, 6:00 p.m.— <i>Via Zoom</i> |

- ◆ *Address Behavior*
- ◆ *Reduce Stress*
- ◆ *Build Confidence*

FREE!



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