

ACTIVE PARENTING™

4th edition



Join us for the next FREE Active Parenting Class

This workshop will teach effective ways to...

- Use discipline that really works
- Open up lines of communication within your family
- 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



Parents of school aged children

Lunch is provided

WHEN

Wednesdays

January 9-February 13, 2019

5:00pm-7:00pm

WHERE

Milo Town Hall

6 Pleasant Street, Milo

To register call: 974-2479

Active Parenting ...

strives to help parents achieve a fuller, more satisfying family life and to help children achieve greater happiness and success.



Nurturing
Parenting
Programs

Nurturing Workshop Series

All workshops are FREE

Nurturing workshop series includes ten individual parenting topics. Families can attend the workshops of their choice. Come to one, or come to all ten.

Nurturing Workshop Locations & Times:

Guilford Library

4 Library Street

Guilford

5:00pm - 7:00pm



Registration Required

Call Stephen Madera

974-2479

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Topics by date:

January 11, 2019

Philosophy and Practices of Nurturing Parent Workshop

January 18, 2019

Ages and Stages Infants and Toddlers Workshop

January 25, 2019

Brain Development in Children and Teens Workshop

February 1, 2019

Communicating with Respect Workshop

February 8, 2019

Building Self-Worth Workshop

February 15, 2019

Understanding Feelings Workshop

February 22, 2019

Family Morals Values and Rules Workshop

March 1, 2019

Praising Children and Their Behavior Workshop

March 8, 2019

Alternatives to Spanking Workshop

March 15, 2019

Dealing with Stress Workshop



**Nurturing Families Through
Substance Use
Treatment & Recovery**

Thompson Free Library
186 East Main Street Dover-Foxcroft
Held on Wednesdays
January 9-April 24, 2019
11:30am—1:00pm

Nurturing Families through Substance Use Treatment and Recovery

The impact of substance use on families and children can be devastating.
Healing begins as the parent child **relationship** is **strengthened**.
Group discussions guide parents toward **restoring** and **rebuilding** the
connection between family members.

For more information, or to register call
Stephen Madera (207)974-2479



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