

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**

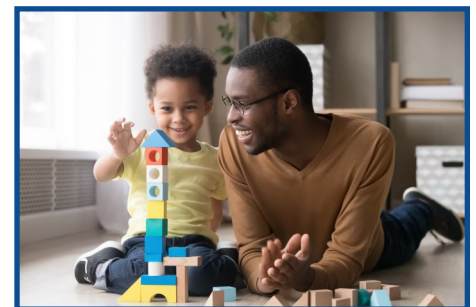


Attend 6 Sessions and Receive a \$50 Gift Card!

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!



Project Sussex Kids

Sussex County Council for Young Children

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