



# ACTIVE PARENTING

## Kids don't come with instructions!

Bon Secours Family Focus is pleased to sponsor an exciting six-week, research-based video-and-discussion workshop, called "Active Parenting — A Parent's Guide to Raising Happy and Successful Children."

This workshop is organized around the parenting skills necessary for instilling cooperation, communication, courage, school success, responsibility and self-esteem in children. Parents will learn nonviolent discipline skills that really work and how they can set rules that their children can understand and follow. We will explore the goals of behavior and discover how the power of encouragement helps children learn positive behavior. Parents will learn the importance of taking care of themselves as well as their child.

A parent's guide to raising happy and successful children, ages 5 to 12.

- Communication
- Discipline
- Problem-Solving
- Positive Self-Esteem
- School Success

Thursdays, April 21 to May 26, 2016  
6 to 8 p.m.

Bon Secours Mary Immaculate Hospital  
Health Resource Center  
2 Bernardine Drive, Newport News, VA 23602  
**FREE!!**



To register, or for more information, call 757-886-6511 or email [delores\\_price@bshsi.org](mailto:delores_price@bshsi.org)