



“Active Parenting” for ages 4-11

***Develop better communication and empower your children
to make safe choices in the future.***



With so many families stretched to the limit these days, every minute we spend with our children is precious. Learn how to use this time to develop deeper connections with your kids and prepare them to navigate the challenges of growing up in today's world.

This healthy parenting program will help parents to:

- **Communicate effectively with children**
- **Discipline while teaching responsibility**
- **Sidestep power struggles and redirect misbehavior**
- **Encourage the development of self-esteem and character**
- **Prevent the use of alcohol, tobacco, and other drugs**

“Active Parenting” is an award winning program that incorporates instruction, discussion and video clips into an interactive learning experience.

**Held Over Four Wednesdays from 10:15 - 11:45 a.m. beginning Wednesday,
January 20th**

Classes run Wednesdays; 1/20, 1/27, 2/3, and 2/10

Family Centers/Center for HOPE

590 Post Road, Darien

Fee: \$150 for 4 classes and the book

**For information please call Center for Hope at 203-655-4693 or email
Diane Hobbs at dhobbs@familycenters.org**

