

FREE ONLINE PARENTING CLASSES

Sponsored by Andover Hebron Marlborough Youth and Family Services

Register at PeaceAtHomeParenting.com/Columbia-login

- Build Strong Connections
- Reduce Family Stress
- Get Kids to **Listen and Cooperate**
Without Raising Your Voice!

LIVE ONLINE CLASSES		
Sep 12 8:15 pm	Oct 4 8:15 pm	School Success: Inspire Motivation
Sep 19 12:00 pm	Oct 16 8:15 pm	Positive Discipline for Peace at Home
Sept 19 8:15 pm		Talking to Teens: Communication for Connection & Safety
Oct 2 8:15 pm		Co-Parenting: Let's Make It Work
Oct 23 8:15 pm		Positive Discipline for Children with ADHD, Autism & Anxiety
Nov 13 8:15 pm		Social Skills for Kids with Special Needs
Nov 15 12:00 PM		Brain Development & Why Parents Matter Infants and Toddlers
Nov 15 8:15 pm		Meaningful Holidays: What Kids Really Want that Money Can't Buy
Nov 27 8:15 pm		Be Your Child's Emotions Coach: Help Kids Understand & Manage Emotions
Dec 3 12 pm		Solve Challenging Behaviors: Parent-Child Teamwork
Dec 7 8:15 pm		EAT PLAY SLEEP: Help Infants & Toddlers Grow in Positive Ways
Dec 13 8:15 pm		Raising Happy Children: Parenting for Optimism & Resilience
Clases en Español		
10 septiembre 8:15 pm		Establece un Ambiente de Cooperación
17 septiembre 8:15 pm		Disciplina Positiva que Funciona

RECORDED CLASSES
Positive Discipline for Peace at Home
Blended Families: Does it ever get easier?
School Success: Inspire Motivation
Self-Regulation: Teach & Model
Neuroscience of Early Childhood
Routines, Chores & Family Meetings
Help Kids with ADHD or Autism Connect
Mindfulness & Parenting
Money & Kids: Raise Financially Responsible Children
Take the Stress Out of Parenting
Help Your Child Feel Safe in a Complicated World
Understanding Feelings: How to Raise Caring Kids
Co-Parenting: What's Best for the Children
<i>Find a full list of live and recorded classes in English and Spanish at PeaceAtHomeParenting.com All classes are at EST.</i>

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join our [private Facebook group](#) to connect with other parents working on similar issues. Teachers are available to comment and answer questions. **BONUS:** Participants have access to [free monthly online Q&A sessions](#). Teachers provide follow-up and guidance as parents apply new approaches. Next Q&A Sessions: October 1 at 8:15 PM, November 12 at 8:15 PM & December 6 at 8:15 PM. [Class tests](#) and [certificates of participation](#) available. **For more information contact info@PeaceAtHomeParenting.com or call 1-661-PARENT6.**