

# FREE LIVE ONLINE PARENTING CLASSES

Sponsored by the Andover, Hebron and Marlborough (AHM) Youth and Family Services

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



**Register at: [PeaceAtHomeParenting.com/Columbia-Login](http://PeaceAtHomeParenting.com/Columbia-Login)**

		AVAILABLE CLASS RECORDINGS
<b>OCT</b>	<p><b>OCT 22, 8:15 pm:</b> Disciplina Positiva que funciona (2-12 años)</p> <p><b>OCT 23, 8:15 pm:</b> Positive Discipline for Children with ADHD, Autism or Anxiety (2 -12 years)</p>	<ul style="list-style-type: none"> <li>• Help Your Child Feel Safe in a Complicated World</li> <li>• Positive Discipline for Peace at Home</li> <li>• Blended Families: Does it ever get easier?</li> <li>• School Success: Inspire Motivation</li> <li>• Self-Regulation: Teach &amp; Model</li> <li>• Neuroscience of Early Childhood</li> <li>• Routines, Chores &amp; Family Meetings</li> <li>• Help Kids with ADHD or Autism Connect</li> <li>• Mindfulness &amp; Parenting</li> <li>• Money &amp; Kids</li> <li>• Take the Stress Out of Parenting</li> <li>• Emotional Intelligence: Teach &amp; Model</li> </ul>
<b>NOV</b>	<p><b>NOV 2, 12 noon:</b> Establece un ambiente de cooperación (2-12 años)</p> <p><b>NOV 8, 8:15 pm:</b> FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p><b>NOV 12, 8:15 pm:</b> Disciplina Positiva que funciona (2-12 años)</p> <p><b>NOV 13, 8:15 pm:</b> Social Skills for Kids w/Special Needs (for parents of children with ADHD or Autism)</p> <p><b>NOV 14, 8:15 pm:</b> Free Q&amp;A Session for All Online Class Participants</p> <p><b>NOV 15, 12 noon:</b> Infant Toddler Brain Development: Why Parents Matter So Much</p> <p><b>NOV 15, 8:15pm:</b> Meaningful Holidays: What Kids Really Want that Money Can't Buy (2 -12 years)</p> <p><b>NOV 19, 12 noon:</b> Infant Toddler Brain Development: Why Parents Matter So Much (Birth – 3 years)</p> <p><b>NOV 27, 8:15 pm:</b> Be Your Child's Emotional Coach: Help Kids understand and Manage Emotions (2 – 12 years)</p>	
<b>DEC</b>	<p><b>DEC 3, 8:15 pm:</b> Solve Challenging Behaviors: Parent-Child Teamwork (6 – 12 years)</p> <p><b>DEC 5, 8:15 pm:</b> FREE Live Online Class: How to Take the Stress Out of Parenting</p> <p><b>DEC 6, 8:15 pm:</b> Free Q&amp;A Session for All Online Class Participants</p> <p><b>DEC 7, 12 pm:</b> EAT PLAY SLEEP: Help Infants &amp; Toddlers Grow In Positive Ways (Birth – 5 years)</p> <p><b>DEC 13, 8:15 pm:</b> Raising Happy Children: Parenting for Optimism &amp; Resilience (2 12 years)</p>	

**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 are listed above. Class tests and certificates of participation available.

**For more information, contact Cheri Rivard-Lentz at [cherir@ahmyouth.org](mailto:cherir@ahmyouth.org), Michelle Hamilton at [michelleh@ahmyouth.org](mailto:michelleh@ahmyouth.org) or email us at [info@peaceathomeparenting.com](mailto:info@peaceathomeparenting.com).**