



Children in the Middle			Circle Of Security		
<ul style="list-style-type: none"> January 9th (Monday) and 11th (Wednesday) February 6th and 13th (Mondays) March 18th (Monday) and 21st (Wednesday) April 11th and 18th (Wednesdays) March 19th (Monday) and 21 (Wednesday) April 11th and 18th (Wednesdays) May 15th and 22nd (Tuesdays) June 13th and 20th (Wednesdays) 	6:30 to 8:30 PM	\$35 Per Person	<ul style="list-style-type: none"> February 7th - March 27th (Tuesdays) June 5th - July 24th (Tuesdays) 	6:30 to 8:30 PM	\$50 Per Person or \$75 Per Couple
<p>A comprehensive education program for divorcing parents that works! What makes Children in the Middle unique compared to other divorce education programs?</p> <ul style="list-style-type: none"> Targets specific problem behaviors Teaches specific skills Proven effective by controlled field-testing Programs for both parents and children 			<p>Circle of Security™ is an innovative relationship based parenting program aimed at helping parents understand the needs of their children. This parenting workshop can help you discover the path to a more secure relationship</p> <ul style="list-style-type: none"> Learn to understand your child's behavior and your responses to that behavior. Your relationship with your child affects his or her self esteem, peer relationships, sense of empathy and school readiness. 		
1,2,3,4 Parents			Active Parenting Now (ages 5-12)		
<ul style="list-style-type: none"> February 9th - March 1st (Thursdays) April 3rd - 24th (Tuesdays) June 4th - June 25th (Mondays) 	6:30 to 8:30 pm	\$30 per person or \$45 per couple	<ul style="list-style-type: none"> February 8th - March 14th (Wednesdays) 	6:30 to 9:00 PM	\$40 per person or \$60 per couple
<ul style="list-style-type: none"> Discipline methods that work How to prevent tantrums How to make rules your child will follow Routines that make life easier The best ways to childproof your home How to care for your child at different stages Great ways to take care of yourself! <p>Plus you'll meet many other parents of preschoolers - just like you. Each participant gets a Parent's Workbook and tips booklet to take home after the session are over. Take this workshop and see the wonderful difference it makes for you and your family</p>			<p>This workshop will show you effective ways to use non-violent discipline techniques that work.</p> <ul style="list-style-type: none"> improve communication with your children, teach responsibility and other important values, handle problems as they come up, coup with difficult topics such as drugs, violence, and sex. Diffuse power struggles with your children, stimulate independence as your child grows older, encourage your children to be their very best! 		

1,2,3 Magic			Active Parenting Teens		
<ul style="list-style-type: none"> January 12th – 26th Thursdays February 27th – March 12th Mondays May 9th – May 23rd Wednesdays 	6:30 to 8:30 pm	\$30 per person or \$40 per couple	April 2 nd – May 7 th (Mondays)	6:30 to 9:00 PM	\$40 per person or \$60 per couple
	<p>Are you frustrated trying to find an effective and positive way to discipline your children? Most parents want their kids to listen and they want to enjoy their family life</p> <ul style="list-style-type: none"> Step 1: Control Obnoxious Behavior. Step 2: Encourage Good Behavior. Step 3: Strengthen Relationships. <p>You will also learn how to manage the Six Kinds of Testing and Manipulation, how to handle misbehavior in public and how to avoid the Talk-Persuade-Argue-Yell-Hit Syndrome.</p>			<p>Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth you'll learn.</p> <ul style="list-style-type: none"> Methods of respectful discipline Skills for clear honest communication concrete strategies to prevent risky behavior how to be an encouraging parent AND much more. Plus insight into important issues such as teens online, bullying and depression 	

Active Parenting Stepfamilies			After The Storm		
<ul style="list-style-type: none"> May 3rd – June 7th (Thursdays) 	6:30 to 9:00 PM	\$40 per person or \$60 per couple	April 5 th (Thursday)	6:30 to 9:00 PM	\$35 per person
	<p>The Active Parenting for Stepfamilies workshops will teach you the skills you need to build a successful stepfamily. You'll Learn;</p> <ul style="list-style-type: none"> how to blend family histories traditions and values Cope with loss and encourage healthy grieving Establish parental authority using non-violent discipline techniques that work improve communication and build new relationships based on respect and trust teach responsibility cooperation and other important values Prevent or stop problems such as loyalty conflicts power struggles and more Cope with difficult topics such as drugs violence and sex Set boundaries that work for your whole family. Encourage you children to be their very best 			<ul style="list-style-type: none"> A powerful program for educating parents about their conflict. The causes of high conflict are explored, as are its effects upon the parents themselves and on their children. Highly realistic scenes show separated parents arguing in front of their children. Interviews with each family member afterward highlight their points of view and feelings. Following training in communication and problem solving skills, the scenario is re-enacted showing healthy methods for communicating and problem solving. Additional scenes demonstrate the difficulties encountered when parents who are in conflict try to coordinate their child's life during transitions between parents. Both ineffective and effective methods are presented, with emphasis on the benefits of maintaining a business-like relationship in parallel parenting. 	

