

Positive Parenting & Co-Parenting

Whether both parents are living together in the same household or you're sharing custody and "co-parenting" between two households, it's important to develop good parenting skills to provide stability for your child.

This free, one-session class can help you...

- Build self-confidence as a parent/co-parent
- Develop appropriate expectations for your child's growth, development, and behavior
- Increase your ability to show empathy and a sense of caring toward yourself and your child . . . even when you're under stress
- Learn to use positive forms of discipline
- Learn helpful family roles
- Develop resilience and build a strong positive relationship with your child



2024 CLASSES — all on Tuesdays:

July 23 • Aug. 20 • Sep. 17 • Oct. 15 • Nov. 19 • Dec. 17

PLEASE REGISTER IN ADVANCE
to reserve your seat

Call **937.299.LINK (5465)**

The one-session class
is just 2 1/2 hours —

9:30 a.m. to 12:00 noon



Positive Parenting & Co-Parenting is presented by Catholic Social Services of the Miami Valley, and participation is FREE to all Montgomery County parents and caregivers. Each participant will receive a free book to read with their child plus other information and refreshments.



Catholic Social Services Center for Families, 1046 Brown Street, Dayton OH 45409