

# 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



2025 CLASSES — all on the 3rd Tuesday of the month:

Feb. 18 • Mar. 18 • Apr. 15 • May 20 • Jun. 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