

Positive Parenting Cafés

Looking for additional strategies to help you raise resilient, competent and confident children? Join our parenting discussion groups on the following topics:

Date	Time	Location	Topic
Sept. 27, 2016	7:00 – 8:30 pm	Carleton Place Lanark Community Programs building 30 Bennett St.	When No Means No: Managing Disobedience in your Home
Nov. 8, 2016	7:00 – 8:30 pm	Carleton Place Lanark Community Programs building 30 Bennett St.	Build them up!: Help your child improve their self-esteem
Oct. 11, 2016	6:30 – 8:00 pm	Perth Perth Library 30 Herriott St.	Build them up!: Help your child improve their self-esteem
Nov. 22, 2016	6:30 – 8:00 pm	Perth Perth Library 30 Herriott St.	Giving you the Power, to Parent Positively!
Oct. 25, 2016	7:00 – 8:30 pm	Smiths Falls Leeds, Grenville & Lanark District Health Unit 25 Johnston St.	Giving you the Power, to Parent Positively!
Dec. 6, 2016	7:00 – 8:30 pm	Smiths Falls Leeds, Grenville & Lanark District Health Unit 25 Johnston St.	When No Means No: Managing Disobedience in your Home



Register today by clicking on a topic above

visit www.healthunit.org/children/triplep/

or call Lianne Arndt at 1-800-660-5853



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