



MCF Presents

Active Parenting

Workshop for Parents and Caregivers

This workshop is based on the book Active Parenting 4th Edition written by Dr. Michael Pokin, one of the nation's foremost experts on parenting education. The training is for parents and caregivers of children ages 5-12 years with behavioral health challenges and will give you skills to achieve a fuller, more satisfying family life and help your children achieve greater happiness and success. You will learn how to:

- Use nonviolent discipline that really works
- Keep lines of communication open
- Teach responsibility, courage and other important character traits
- Encourage school success in 7 steps
- Prevent problems with drugs, alcohol, and sex
- Defuse power struggles with your children
- Stimulate independence as your child grows
- Stop scolding and start smiling with your kids

When: Mondays

November 6, 2023

November 13, 2023

November 27, 2023

December 4, 2023

December 11, 2023

December 18, 2023

Time: 11:00 am - 12:30 pm

Where: Virtual

Cost: Free

Register by 10/23/23 at

<https://mcf.family/Active-Parenting>



For more information contact:

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