



ENVISION: Parent University is BACK!

Parent University provides parents with an opportunity to sharpen their skills as they work in one of life's most important and demanding pursuits: *raising GREAT kids!* Last year's sessions were so successful, we are offering them again, this time with a session looking at mental health.

Join Sharon McCarthy, well known presenter and author, for this highly experiential course designed to honor, support and promote the parent's role in developing their child's success, **SAFETY** and independence. The word parents in the last sentence is defined as any caring adult who plays a significant role in a child's life.

Parents who participate in this series will:

- Consider parenting from three lenses: child development, academic support and discipline approaches.
- Develop good communication skills where both parent and child are listening and talking.
- Become familiar with approaches to parenting that elicit positive results both behaviorally as well as academically.
- Learn several protocols that are instrumental in the development of a child's organizational skills and ability to control self.
- Use fun, family appropriate activities to deactivate when we are anxious and energize when we are feeling blue.

**Save the Dates! Jan 30; Feb 20; March 6;
April 25, 2018 6:00-8:00PM**

**LOCATION: Mill Pond Annex
210 Western Blvd.
Lanoka Harbor, NJ 08734**

Registration is limited! Call to get your name on the list today!

Contact: Vivian Hansen

Contact Info: 609.971.2000 X
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Course Schedule

- **Session #1: Parent Talk: Communication for Results** January 30, 2018
6:00-8:00PM
- **Session #2: Personality: The Why & How of Meeting Parenting Challenges Successfully** February 20, 2018
6:00-8:00PM
- **Session #3: Learning at Home: Academic Support with a WOW!** March 6, 2018
6:00-8:00PM
- **Session #4: Mindful Practices to End Impulsivity!** April 25, 2018
6:00-8:00PM

