

Embrace the JOY of parenting.



We are proud to bring the acclaimed **Active Parenting** program directly to you! This **FREE** workshop will show you effective ways to...

- Use nonviolent discipline that really works
- Open up lines of communication—before they get clogged
- Teach responsibility, courage, and other important character traits
- Encourage school success in 7 steps
- Prevent future problems with drugs, alcohol, and sex
- Defuse power struggles with your children
- Stimulate independence as your child grows older
- Stop scolding and start smiling with your kids again!

For information about upcoming sessions, contact:

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*Town of Cortlandt Active Parenting
Prevention Specialist/ Consultant*

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914-704-0743



**Great for any caregiver!
(Ages 16+)
Parents, Grandparents,
Babysitters, etc.**



*A video & discussion program for
parents of children ages 5 to 12*