

# Active Parenting Now Workshop



Every Wednesday for 6 Weeks  
May 6th — June 10th  
12:00pm to 1:30pm

\$20 per person includes book  
Light refreshments served  
\*Only 15 seats available

Offered by:

Florida International University  
Counseling and Psychological  
Services Center  
11200 SW 8th Street  
UHSC 270  
Miami, FL 33199  
Phone: 305-348-2434  
[www.fiu.edu/~psychser](http://www.fiu.edu/~psychser)

## Here's what you will learn:

### Session 1:

- What our kids will need to succeed
- Styles of parenting
- Mutual respect
- "Method of Choice"

### Session 2:

- Handling problems
- Building cooperation
- Active Communication

### Session 3:

- Teaching responsibility
- Effective discipline techniques
- "I" messages
- Logical consequences

### Session 4:

- Why children misbehave
- Sidestepping power struggles

### Session 5:

- Think-Feel-Do cycle
- Character, courage, self-esteem
- Stimulating independence



Designed for parents of children ages 5 to 12, *Active Parenting Now* helps you learn how to raise responsible, cooperative children who are prepared to meet the challenges of the teen years.

Plus, you'll meet many other parent of school-aged kids — just like you. Each participant gets a Parent's Workbook to take home after the sessions are over. Take this workshop and see the wonderful difference it makes for you and your family!

## Active Parenting Now Workshop Registration Form

Name: \_\_\_\_\_

Child's age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

\*Please include check for \$20.00 per person made payable to: CPSC

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