

# ACTIVE PARENTING TODAY



For parents with children **ages 5 to 12 years**

The **ACTIVE PARENTING TODAY** class will meet on **Thursdays** for 6 weeks and will address such topics as:

- Instilling Courage and Self Esteem
- Understanding your Child's Thinking
- Making Responsibility a Reality
- Creating Cooperative Kids
- Solving Problems Together

**Thursdays, April 17<sup>th</sup> – May 22<sup>nd</sup>**  
**6:00 p.m. – 8:00 p.m.**

**Location:** YMCA  
301 Sentara Circle, Williamsburg

**Class is FREE.**

**Books are available for purchase for \$14.00\***  
Books may be borrowed and returned for no fee; deposit required.  
Child care will be provided.

Registration is required by calling Sheree at 566-9777  
Required minimum of 8 participants



Family Focus is a program of Colonial Services Board. This class is funded by a Williamsburg Community Health Foundation Grant.