

FREE Parenting Workshops

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or **all** of the classes below for **free**.

Managing Fighting and Aggression

Learn strategies for teaching kids to solve problems and get along with others.

Wednesday, July 9, 6 to 8 p.m.

Thursday, August 14, 10 a.m. to noon.

Tuesday, September 9, 6 to 8 p.m.

Dealing with Disobedience

Get tips on getting kids to listen and follow directions and what to do when they don't.

Tuesday, July 15, 6 to 8 p.m.

Tuesday, August 12, 6 to 8 p.m.

Thursday, September 25, 10 a.m. to noon.

Hassle-Free Mealtimes with Children

Get ideas on how to address picky eating and other mealtime struggles.

Thursday, July 24, 11 to 1 p.m.

Wednesday, August 20, 6 to 8 p.m.

Hassle-Free Shopping with Children

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

Wednesday, July 23, 6 to 8 p.m.

Tuesday, September 16, noon to 2 p.m.

Developing Good Bedtime Routines

Get advice on getting your kid to go to bed—and staying there.

Tuesday, August 5, noon to 2 p.m.

Monday, September 29, 6 to 8 p.m.

All workshops on Zoom - open to families in Crawford, Franklin, and Richland Counties

To sign up, call **(614) 355-8099** or email **TripleP@NationwideChildrens.org**

