



## 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**.

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

### Managing Fighting and Aggression

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

Thursday, October 9, 9 to 11 a.m.

Wednesday, November 5, 6 to 8 p.m.

Tuesday, December 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.

Monday, October 6, 6 to 8 p.m.

Wednesday, November 19, 6 to 8 p.m.

Thursday, December 4, 11 a.m. to 1 p.m.

### Hassle-Free Mealtimes with Children

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

Tuesday, October 21, 10 a.m. to noon

Wednesday, November 12, 6 to 8 p.m.

### Developing Good Bedtime Routines

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

Thursday, November 13, noon to 2 p.m.

Wednesday, December 10, 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.

Thursday, October 16, 6 to 8 p.m.

Wednesday, December 17, 10 a.m. to noon

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



Department of  
Children & Youth  
Ohio Children's Trust Fund