



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, Franklin, Richland, Delaware, and Morrow Counties

Managing Fighting and Aggression

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

Thursday, January 8, 10 a.m. to noon

Thursday, February 5, 6 to 8 p.m.

Wednesday, March 11, 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.

Wednesday, January 14, 6 to 8 p.m.

Wednesday, February 25, 6 to 8 p.m.

Thursday, March 5, 10 a.m. to noon

Hassle-Free Mealtimes with Children

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

Thursday, January 22, noon to 2 p.m.

Wednesday, February 18, 6 to 8 p.m.

Developing Good Bedtime Routines

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

Tuesday, February 10, 10 a.m. to noon

Wednesday, March 25, 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.

Tuesday, January 27, 6 to 8 p.m.

Thursday, March 19, noon to 2 p.m.

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

