



**Stronger
parenting skills,
one free workshop
at a time.**

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 and Richland Counties**

Managing Fighting and Aggression

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

Thursday, July 30, 10 to noon

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

Wednesday September 24, 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, July 27, 6 to 8 p.m.

Wednesday August 26, 6 to 8 p.m.

Tuesday September 22, 10 to noon

Hassle-Free Mealtimes with Children

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

Tuesday, July 21, 10 to noon

Tuesday August 11, 6 to 8 p.m.

Developing Good Bedtime Routines

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

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

Wednesday, September 16, 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, July 23, 6 to 8 p.m.

Thursday, September 10, 11 to 1 p.m.

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

