



**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, October 15, noon to 2 p.m.

Tuesday, November 17, 6 to 8 p.m.

Wednesday December 2, 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, October 21, 6 to 8 p.m.

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

Friday, December 11, noon to 2 p.m.

Hassle-Free Mealtimes with Children

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

Wednesday, October 7, 10 a.m. to noon

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

Developing Good Bedtime Routines

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

Thursday, November 12, noon to 2 p.m.

Wednesday, December 9, 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 22, 6 to 8 p.m.

Wednesday, December 16, noon to 2 p.m.

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

