



Parenting
can be tough.
But so are you!

FREE Parenting Seminars

Supportive, seminars to connect with other parents about raising young children. You can attend any or all of the seminars below for free.

All workshops on Zoom - open to families

Raising Confident, Capable Children (0-12)

Get tips on getting kids show respect, have social skills, have healthy self-esteem, communicate, solve problems, and be independent.

Tuesday, October 20, 6 to 7:30 p.m.

Wednesday, October 21, 11 a.m. to 12:30 p.m.

Raising Responsible Teenagers

Get tips on helping teens be respectful and considerate, take part in family decisions and activities, develop healthy habits, be reliable, and speak up for themselves.

Tuesday, November 17, 6 to 7:30 p.m.

Wednesday, November 18, noon to 1:30 p.m.

Helping Children Develop Healthy Screen Time Habits (0-12)

Learn how to teach healthy screentime habits, prevent problems with screentime, manage conflict over screentime and help your child be safe and responsible online.

Wednesday, December 9, noon to 1:30 p.m. or 6 to 7:30 p.m.

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

