



# Effective Parenting

**HELPING PARENTS OF CHILDREN AGED 2 TO 10 LEARN BASIC PARENTING SKILLS IN ORDER TO RAISE A HAPPY, MOTIVATED, WELL-BEHAVED CHILD.**

**Topics will include:**

- the purpose of parenting and parenting styles
- how to enhance communication between parent and child
- nurturing self-esteem and resiliency
- how to set limits, discipline effectively and encourage problem solving



**\$150 per couple | \$100 per person**

(sliding scale available)

We welcome all people regardless of cultural and/or racial background or affiliation

**4 sessions beginning Wednesday May 16, 2018**

**7:00-9:00 pm**

**Jewish Family & Child | 4600 Bathurst Street | Lipa Green Centre**

**For more information or to register, please call 416.638.7800 x 6215**

**REGISTER ONLINE**

**[www.jfandcs.com/groups](http://www.jfandcs.com/groups)**

