

Summer Survival Series for Parents

Online Workshops to Enhance Parenting Skills

Hosted by Project Self-Sufficiency
Call 973-940-3500 for Log-In Details

- ◆ Address Challenging Behavior
- ◆ Improve Communication
- ◆ Navigate Conflict & Aggression
- ◆ Reduce Stress & Build Confidence



Dealing with Disobedience Discussion Group	July 2, 7:00 p.m.
Getting Teenagers to Cooperate	July 9, 7:00 p.m.
Managing Fighting & Aggression	July 16, 7:00 p.m.
Reducing Family Conflict with Teens	July 23, 7:00 p.m.
Hassle Free Mealtimes with Children Discussion Group	July 30, 7:00 p.m.
Coping with Teenagers' Emotions	August 6, 7:00 p.m.
Hassle Free Shopping with Children Discussion Group	August 13, 7:00 p.m.
Building Teenagers' Survival Skills/Risk Reduction Strategies	August 20, 7:00 p.m.

