

# Meet the Challenges of Parenting in Today's Turbulent Times



## Parenting the 5-12 Year Old 7-Week Video & Discussion Group *from the Active Parenting Education Program*

Group Facilitator: Rita Lieb, RN, BSN

### You will learn how to:

- Discipline while maintaining a positive parent/child relationship
- Communicate effectively, encouraging a respectful and open communication between you and your children
- Teach responsibility and decision-making skills that help encourage your children to become strong and resilient adults

*"Parenting  
isn't the only  
influence on a child's  
development, but it  
is one we can do the  
most about."*  
Michael Popkin

**Cost:** Minimum donation \$20 (for materials)\*

**Dates:** Wednesdays from Sept. 29 to Nov. 10

**Time:** 7pm- 9pm

**Location:** Friend Inc. Office, 658D Noble St., Kutztown

**Call 610-683-9012**  
to reserve your space.

Register no later than Tuesday, September 22, 2010



Friend, Inc. Community Services is a multi-service social agency that supports the well-being of those in need and is committed to strengthening the lives of families and individuals living in Northeastern Berks County. Friend, Inc. is a United Way Member Agency. For more information, visit [www.friendinc.org](http://www.friendinc.org).  
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*\*Financial assistance is available if needed.*