

FAMILIES ACHIEVING SUCCESS PRESENTS

# POSITIVE PARENTING WORKSHOPS



SCAN QR CODE TO REGISTER:



OR COPY THE LINK ON YOUR BROWSER:

<https://bit.ly/PPW4Parents>

**ON THURSDAYS FOR  
6 WEEKS**

**Starts:  
September 16, 2021**

**10:00AM-12PM**

We invite all parents & families to join us for FREE virtual engaging workshops related to mental health, relationship building, and parent empowerment.

## DATES & TOPICS

- 9/16 Mindfulness & Meditation
- 9/30 Positive Coping Skills
- 10/21 Stress Reduction
- 10/28 Suicide Awareness & Prevention
- 11/18 Developing Routines
- 12/2 Setting Healthy Boundaries

For more information, please contact:

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