



## *FREE* Parenting Workshops

**Is parenting your little one tougher  
than you thought it would be?**

1, 2, 3, 4 Parents! Can help!

Using videos, activities, and group discussions, a group leader will help you learn important skills for parenting a young child.

**This workshop will show you:**

- Discipline methods that really work
  - How to prevent tantrums
- How to make rules that your child will follow
  - Routine that make life easier
- The best ways to childproof your home
- How to care for your child at different stages
  - Great ways to take care of yourself!

3 week session beginning October 8th  
Thursdays 6:00– 7:30 pm  
Parenting Arizona Office, 201 E Birch Ste 1

Call today to register: 928-773-9133



**CPLC PARENTING ARIZONA™**  
*Safe children. Strong families.*