

# Family Workshop Series

Looking for constructive ways to bring the family together?

Do you want to discuss parenting tips with other parents and experts?

Would you like some new behavioral management tools?



## These Family Workshops are for you!

In what often feels like an overscheduled world, this program provides a welcomed chance to slow down and spend focused, positive time discussing ways to strengthen our families. Each event draws from the "Strengthening Families" curriculum, a popular parenting program.

Each of these **FREE** Family Workshops will cover a different family-related topic. Attend any and all workshops of interest to you and your loved ones, there is no commitment necessary.

**Who:** Parents/guardians with children ages 5-11

**What:** Family Workshop Series

**Where:** Gordon Room, Peabody Institute Library

**When:** All workshops are from 6:00-7:30 pm

### Topics:

**January 22** ~ Developmental Stages

**February 6** ~ Observing Your Child's Behavior

**February 26** ~ Active Listening and Communication

**March 13** ~ Positive Coping Strategies

**March 26** ~ Goals and Rewards

**April 9** ~ Behavior Influencers/Limit Setting and Problem Solving



Revive Mindfulness educator, Sally Palmer will also be present to lead your children in fun weekly calming exercises, and healthy stress relief methods, so you take home knowledge and a more mindful child.

It's **FREE** for families in all Danvers public and private schools. Light snacks are served.

**Please register online at:**  
[DanversCARES.org/programs/strengtheningfamilies](https://DanversCARES.org/programs/strengtheningfamilies)

