

FREE Parenting Workshops

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or **all** of the classes below for **free**.

Hassle-Free Mealtimes with Children

Get ideas on how to address picky eating and other mealtime struggles.

Tuesday, December 3, noon to 2 p.m.

Hassle-Free Shopping with Children

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

Thursday, December 5, 6 to 8 p.m.

Dealing with Disobedience

Get tips on getting kids to listen and follow directions and what to do when they don't.

Wednesday, December 11, 6 to 8 p.m.

Developing Good Bedtime Routines

Get advice on getting your kid to go to bed—and staying there.

Thursday, December 12, noon to 2 p.m.

Managing Fighting and Aggression

Learn strategies for teaching kids to solve problems and get along with others.

Tuesday, December 17, 6 to 8 p.m.

**All workshops on Zoom - open to families in
Crawford, Franklin, Licking and Richland Counties**

Participants who attend a session and complete a post evaluation will receive a \$10 gift card per session.

**To sign up, call (614) 355-8099 or email
TripleP@NationwideChildrens.org**



**Bedtime routines.
Managing anger.
Get tips on these
topics and more!**

