

Active Parenting Now (for parents of children ages 5 to 12)

Class One: Communication and Cooperation

Key areas of discussion include: - Parenting Styles

- Mutual Respect and Participation
- Handling Problems
- Who Owns the Problem?
- Active communication, Avoiding communication Blocks

Class Two: Discipline and Responsibility

Key areas of discussion include: -What is responsibility?

- Why Reward and Punishment often backfire
- Effective discipline
- Logical consequences vs. Punishment
- Family Meetings

Class Three: Power, Courage and Self-Esteem

Key areas of discussion include: - Rebellion and Power struggles

- Avoiding Power struggles
- Parenting and Anger
- Helping Children use their anger
- Self-esteem and encouragement, avoid discouraging your children

Location	Dates	Time
North Bay North Bay Parry Sound District Health Unit 681 Commercial St. Health Unit Boardroom	Monday November 7, 14, 21	6:30 p.m.– 8:30 p.m.
Sturgeon Falls West Nipissing Child Care Corp, 131 Michaud Street	Wednesday November 23, 30 December 7	6:30 p.m. – 8:30 p.m.
Mattawa Mattawa District Public School, 376 Park Street	Scheduled as per community needs	
Burk's Falls Health Unit 17 Copeland Street	Scheduled as per community needs	
Parry Sound Health Unit 70 Joseph Street	To be announced.	

To register for classes in North Bay, Sturgeon Falls or Mattawa, or for more information call (705) 474-1400, extension 2285 or 1-800-563-2808, extension 2285.

To register for classes in Parry Sound or Burk's Falls, call (705) 746-5801, extension 3201 or 1-800-563-2808, extension 3201.