

# SMART START PARENTING TRAINING

## Behavior Management Training for Parents with Children Ages 0-5



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### Who is this program for?

- ❖ Parents of children ages birth to 5 years
- ❖ Parents with children who are having behavioral difficulties at home, at school, or in daycare
- ❖ Parents who would like to spend less time on discipline and more time enjoying their children's company
- ❖ Parents who wish to develop a set of child-focused communication strategies that will increase self-esteem and establish a basis for effective, positive family communications for life

### When is it?

February 1 – 24, 2011

Every Tuesday & Thursday  
10 AM – Noon OR 6 PM – 8 PM

Registration: January 3 – 31, 2011 from 8:30 AM-3:30 PM  
YOU MUST COME TO OUR OFFICE TO REGISTER!

### Where?

Cumberland County Mental Health Child & Youth Center –  
Child & Family Services  
711 Executive Place, Suite 415, 4th Floor  
For Information please call (910) 222-6414

**There is no fee for this class!**

**A limited number of childcare slots is available!**



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