



ATTENTION PARENTS!

Would you like to learn...

- How to parent to create resilient children who feel able to meet life's challenges?
- How to determine the goals of your child's misbehavior?
- How to respond to inappropriate behaviors?
- How to decide: "Who owns the problem?"
- Skills which help you to communicate so that your child actually hears you?
- How to build mutual respect in your relationship with your child?
- How to be an encouraging parent?
- How to set limits with appropriate consequences and rewards?

**Then join us for FREE Parenting Skills Classes using the
*Systematic Training for Effective Parenting (S.T.E.P.)
Program***

Contact Sue Douglas (412) 967-2491 or
Stacy Trpcic (412) 967-2495
for information and registration

Classes begin March 26th!

S T E P