



Active Parenting Now

Mountain Resource Center is now offering this nationally acclaimed program for anyone looking to become more successful at parenting.

Learn practical ways to tackle the challenges of raising children ages 5 to 12!

Millions of parents have achieved success with Active Parenting. Through this program learn skills that will help you foster cooperation, responsibility and good character in your children. You'll also learn positive discipline techniques and how to avoid those all-too-familiar power struggles. Best of all, you can share ideas with other parents who know exactly what you're going through!

Active Parenting Now uses entertaining video scenes to demonstrate common parenting challenges and solutions. Each session allows plenty of time for discussion and activities.

Lessons:

Session 1:

- What your kids need to succeed
- Styles of parenting
- Mutual respect
- "Method of choice"

Session 2:

- Handling problems
- Building cooperation
- Active communication

Session 3:

- Teaching responsibility
- Effective discipline techniques
- "I" messages
- Logical consequences

Session 4:

- Why children misbehave
- The "FLAC" method of defusing power struggles

Session 5:

- Think-Feel-Do cycle
- Character, courage, self-esteem
- Stimulating independence
- Power of encouragement

Session 6:

- Parents influencing events
- Family council meetings

Sign up today!

Dates and Times: April 8 to May 13, 2010 (6 classes)
Thursdays 6:30 – 8:30

Location: Mountain Resource Center, 11030 Kitty Drive, Conifer

Fees: **Free** for families with an income of less than \$75,000.
\$60 for families with an income of more than \$75,000.
Optional book fee of \$15.00.

To Sign Up: Call Mary Alice 303.838.7552 x30 or
Email: maryalice@mrcco.org or visit www.mrcco.org

