

PARENTING WITH LOVE AND LIMITS

Parents, guardians, grandparents, caregivers: Are you finding yourself caught in a negative spiral of interaction with your **pre-teen/teenager (ages 11-18)**? Do you find yourself...

- Fighting & arguing.
- Not communicating.
- Losing control of the positive direction you want for your family.
- Unable to have positive feelings about your child.

Then, **attend** a 6 week free workshop sponsored by Family Support Organization of Bergen County (FSOBC), and learn proven strategies that will help you:

- Understand how your teen pushes your buttons to control situations.
- To respond differently to your teen.
- To learn how to contract with your teen for desired behavior changes.
- To learn how to establish a more positive pattern of interaction.

Each family will receive a very helpful book with information about empowering skills that are needed.

Dates: 6 Tuesdays: Oct. 21st, Oct. 28th, Nov. 4th, Nov. 11th, Nov. 18th, Nov. 25th 2014

Time: 7:00 – 9:00 pm

Place: Family Support Organization of Bergen County
0-108 29th Street, Fairlawn, NJ 07410

Phone: (201)-796-6209, 102

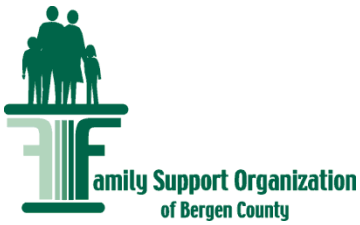
Fax: (201) 796-1151

Email: lb@fsobergen.org

We have adult supervision for children over 5 years old while parents/caregivers participate in classes. Space is limited so register early. This program is not appropriate for families with youth who have Developmental/Intellectual challenges.

Please complete the registration form and return to the FSOBC.

Any questions call (201) 796-6209 x102. **Attendance at all 6 sessions is recommended.**



“Parenting with Love and Limits” Registration Form

🌀 NO COST TO YOU TO ATTEND 🌀

Parents and/or Caregivers Name:

Street Address:

City: _____ State: _____ Zip: _____

Home Phone Number: _____

Cell Phone Number: _____

Email Address:

Age of Child: (ages of all children)

Will you need adult supervision for children/youth during the workshop?

Yes _____ No _____ If yes, please list the ages of the children requiring
Adult Supervision: _____

Dates: 6 Tuesdays: Time: Oct. 21st, Oct. 28th, Nov. 4th, Nov. 11th, Nov. 18th, Nov. 25th 2014
7:00 – 9:00 pm

Place: Family Support Organization of Bergen County
0-108 29th Street
Fairlawn, NJ 0741

Phone: (201) 796-6209 x 102

Fax: (201) 796-1151

Please check the FSO website for directions: www.fsobergen.org

(Optional) Program referral: a friend__ FSOBC website: __ School _____
Agency-(Please include name) _____ other _____