

# Parenting from the Heart

## Parenting for Today to Teach the Skills of Tomorrow

Catholic Charities of Wayne County  
180 E. Union St. Newark

### Are you struggling with kids who:

- Have temper tantrums
- Don't listen
- Whine
- Struggle with daily routine
- Are disrespectful
- Battle over homework

### Do you want your kids to develop:

- Respect
- Honesty
- Problem-solving skills
- Self-confidence
- Kindness
- Self-motivation



### Join us for the next session!

March 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>  
5:00 – 7:00 pm

Catholic Charities of Wayne County  
180 E. Union St. Newark  
Transportation & Childcare Available  
(with advanced notice)  
Dinner Provided

Register by March 7<sup>th</sup>

### Call or Email to Register or For More Information

Melissa Bailey LMHC  
Certified Positive Discipline Parent Educator  
(315) 331-4867 x15 • [Melissa.Bailey@dor.org](mailto:Melissa.Bailey@dor.org)

This free 3-week course will give you several **Positive Discipline Tools** that can be life changing for parents. You will have an opportunity to participate in activities that helps you get into the child's world for a deeper understanding of what works and why.

### What Parents are Saying...

"It's good to know you are not alone and have new and creative ideas to try that have worked for others."

"I yell less and feel less frustrated when tantrums occur because I feel I have more tools to work through them."

"Everyone who is a parent should take this class. We learn throughout our lives, but parenting is generally not a topic covered."



Healthy relationships.  
The heart of change.

Provided by the Thriving Families Program through Catholic Charities of Wayne County

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