

Parenting Skills Workshop

For parents or caregivers of children ages 0-11



Meets Wednesday nights, 6:30-8:30 for six weeks beginning April 23rd, 2014

St. Bartholomew's Episcopal Church, 10627 Patterson Ave, Henrico VA 23238

The sessions will consist of DVD presentations followed by small group discussions. Drinks and desert will be served, and on-site childcare will be available. Workbooks for participants will be provided. More information on the material to be used can be found at www.relationshipcentral.org

This program is provided free of charge by your neighbors at St. Bartholomew's. Please register by email before April 17th at stbartsrva@gmail.com or online at [Eventbrite](https://www.eventbrite.com/e/parenting-skills-workshop-6-sessions-tickets-11060057931) <https://www.eventbrite.com/e/parenting-skills-workshop-6-sessions-tickets-11060057931> or on

Our web - www.stbartsrichmond.org

Comments from recent participants

"It has given me ways to communicate effectively with my kids."

"We loved it and learned so much, and made some good friends."

"The course reminded me that I'm not alone in my frustrations, and that there is support out there."

"The course was very informative and helped to build confidence as a parent."

"It's helped tremendously in many ways, like seeing some behavior as child-like and not losing my cool."