

Now offered at Family Counseling Service:

Parenting Classes

Parenting is tough
- getting help is easy

Family Counseling Service's Parenting Classes can help you learn:

- Ways to improve relationships between you and your children
- Productive communication
- Positive parenting styles
- Effective discipline

Why a parenting group?

- allows parents to learn from peers
- provides feedback about personal parenting experience

"Improving our parenting and investing in our children are the best investments that we could ever make."

- John Swanson, Parenting Resources & Reviews

Parenting Class is a **12-week curriculum** that meets on **Wednesdays** from **7 pm - 8 pm** at:

Family Counseling Service
70 S. River Street
Aurora, IL 60506

The cost is **\$20 per group**, and is facilitated by licensed therapists.

If you are interested in learning more about the Parenting Class offered at Family Counseling Service, or would like to register, please call 630-844-2662.

Topics discussed include:

- Child development & nutrition
- Healthy families
- Self-esteem & your child
- Stress management
- Self-care & emotion management
- Conflict resolution
- Problem solving
- School success
- Effects of domestic violence
- Divorce and separation
- Single parenting
- Blended families
- Social skills
- Communication
- Effective discipline
- Building parent-child relationships