

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING

...because parenting can be both rewarding and challenging

A 7-week parenting education series

- Understand your child's behavior and emotions
- Use encouragement to build self-esteem
- Help your child to improve behavior
- Enhance family communications
- Become more confident, effective parents

Mondays,
starting November 1
5:00 - 7:00 pm

Child and Family Services
464 Chestnut St.
Manchester

For information and to register,
call **518-4281**

Fee: \$85.00. Sliding fee scale available



Child and Family Services

~a private nonprofit dedicated to advancing the well-being of children, youth and families~

www.cfsnh.org