

As we work with families on a daily basis, we are always on the lookout for low or no-cost resources to aid in parent development. John Wood is pleased to bring you a series that will help you in that endeavor. We are offering a FREE Parenting Series in Pittsfield over the noon hour. Please feel free to share this with your families and any other agencies that would benefit. This would be appropriate for grandparents and child care providers as well.

Brown Bag Lunch & Learn Series: Parenting

From potty training to prom, parents are faced with tough, ever changing challenges as their children grow from infants to adults. Bring your lunch, share your experiences with other parents, and get tips on how to handle everyday issues with this **free** class. Sibling and parent child conflicts, family dinners, allowances, screen time, teen issues, the sex talk, blended family issues, and other topics will be covered. You may attend all the sessions or only the ones that interest you. Registration is not required but is encouraged. Please call 217-641-4941 to register.

Cost: Free Instructor: Bill Durall

Thursdays | September 15th-November 17th | **12:15-1:15pm**

CRN: **37030** Room: P105 John Wood Pittsfield Center, 1308 Washington St., Pittsfield, IL 62363 Phone: 217-285-5319

Topics by week

September 15	Parenting basics and discussion of specific participant interests/issues
September 22	Effective family communications
September 29	Love, support, and other foundational issues
October 6	Conflict resolution strategies
October 13	Scheduling Issues/priorities
October 20	Allowances, family dinners, and other logistics issues
October 27	"Screen time" and other issues with electronic devices
November 3	Teen Troubles
November 10	"The Sex Talk"
November 17	Blended family issues

Please feel free to contact me if you have any questions or concerns. Hope to see everyone there! **Diane Vose, Manager, Community Based Outreach,**
217.641.4959 dvose@jwcc.edu