

FREE Parenting Workshops

Supportive, small group programs to connect with other parents about raising young children. You can attend **any** or **all** of the classes below for **free**.

Managing Fighting and Aggression

Learn strategies for teaching kids to solve problems and get along with others.

Thursday, April 3, 6 to 8 p.m.

Monday, May 5, 6 to 8 p.m.

Tuesday, June 3, noon to 2 p.m.

Dealing with Disobedience

Get tips on getting kids to listen and follow directions and what to do when they don't.

Tuesday, April 22, 6 to 8 p.m.

Wednesday, May 14, noon to 2 p.m.

Wednesday, June 4, 6 to 8 p.m.

Hassle-Free Mealtimes with Children

Get ideas on how to address picky eating and other mealtime struggles.

Tuesday, April 15, noon to 2 p.m.

Hassle-Free Shopping with Children

Learn how to plan for easy, calm trips and how to address misbehavior while in public.

Tuesday, May 20, 6 to 8 p.m.

Developing Good Bedtime Routines

Get advice on getting your kid to go to bed—and staying there.

Thursday, June 12, 6 to 8 p.m.

All workshops on Zoom - open to families in Crawford, Franklin, Licking and Richland Counties

**To sign up, call (614) 355-8099 or email
TripleP@NationwideChildrens.org**



**Department of
Job & Family
Services**
Ohio Children's Trust Fund

**Bedtime routines.
Managing anger.
Get tips on these
topics and more!**

