



# EMPOWERED PARENTS GROUP

Provides education and support for parents in a group setting, offering interaction, team problem solving, and the opportunity to build and learn parenting skills.

Attend one or all meetings. Groups run from 6-7pm at the Rocky Hill Youth & Family Services, 699 Old Main Street, within the police complex. Please register for each program by calling Lynne Goodwin, LMFT @ 258-2752 These free groups are limited.

- January 3:..... Relating to children/youth, stress
- January 24:..... Communicating with children/youth
- February 7:..... Who has the power? Anger/conflict resolution
- February 28:..... Bullying
- March 13:..... Friendly but not friends: Self-esteem, substance abuse prevention, boundaries
- March 27:..... Mental Health Issues in children and youth-ADHD/ADD, ODD, PTSD, Depression, Anxiety,
- April 10:..... Fat nation-obesity in youth, activities and prevention
- April 24:..... Internet safety
- May 8..... Positive youth development