



FREE PARENTING CLASSES

LEARN TO

BUILD A BETTER RELATIONSHIP WITH YOUR CHILD

WHEN: Mondays at 5:30 - 7:00 p.m.

WHERE: Marion County Extension Office

REGISTER by calling the Marion County Extension Office at
205-921-3551

If dealing with behavioral issues, please share when you register.

SESSIONS:

May 3rd = Family Relationships / Ages & Stages of Development

May 10th = Discipline & Setting Limits

May 17th = Communications

May 24th = Stress Management & Conflict Resolution

TOPICS DISCUSSED:

RESOLVING CONFLICTS

FAMILY RELATIONSHIPS

CHILDREN'S NEEDS

LOVE & AFFECTION

COMMUNICATION

LISTENING

TRUST

UNDERSTANDING

STRESS MANAGEMENT

DISCIPLINE

SETTING LIMITS & HOUSEHOLD RULES & RESPONSIBILITY

STRONG-WILLED CHILDREN

ALABAMA A&M AND AUBURN UNIVERSITIES, AND TUSKEGEE UNIVERSITY, COUNTY GOVERNING BODIES AND USDA COOPERATING

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