

PARENTING WITH LOVE AND LIMITS

Parents, guardians, grandparents, caregivers: Are you finding yourself caught in a negative spiral of interaction with your pre-teen/teenager (ages 11-18)? Do you find yourself...

- Fighting & arguing.
- Not communicating.
- Losing control of the positive direction you want for your family.
- Unable to have positive feelings about your child.

Then, **attend** a 6 week free workshop sponsored by Family Support Organization of Bergen County (FSOBC), and learn proven strategies that will help you:

- Understand how your teen pushes your buttons to control situations.
- To respond differently to your teen.
- To learn how to contract with your teen for desired behavior changes.
- To learn how to establish a more positive pattern of interaction.

Each family will receive a very helpful book with information about empowering skills that are needed.

Dates: 6 Tuesdays: May 7th, May 14th, May 21st, May 28th, June 4th, June 11th, 2013

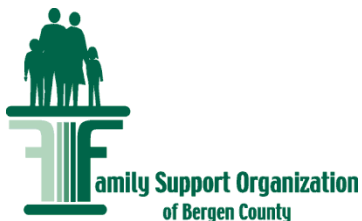
Time: 7:00 – 9:00 pm

Place: Family Support Organization of Bergen County
0-108 29th Street, Fairlawn, NJ 07410

Phone: (201)-796-6209, 102

Fax: (201) 796-1151

We have adult supervision for youth while parents/caregivers participate in classes. Space is limited so register early. Any questions call (201) 796-6209 x102. Please complete the registration form and return to the FSOBC. **Attendance at all 6 sessions is recommended.**



“Parenting with Love and Limits” Registration Form

🌀 NO COST TO YOU TO ATTEND 🌀

Parents and/or Caregivers Name:

Street Address:

City: _____ State: _____ Zip: _____

Home Phone Number: _____

Cell Phone Number: _____

Email Address:

Age of Child: (ages of all children)

Will you need adult supervision for children/youth during the workshop?

Yes _____ No _____ If yes, please list the ages of the children requiring

Adult Supervision: _____

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Please check the FSO website for directions: www.fsobergen.org

(Optional) Program referral: a friend__ FSOBC website:__ School_____

Agency-(Please include name)_____other_____