

Nurturing Parenting Series

ACPS PARENTS! Are you interested in learning more about:

- Behavior management and family rules
- Building your child's self esteem
- Discipline – small consequences for small problems and greater consequences for more severe problems
- Family Stress Management

8 week workshop series

Register today!

Thursday evenings
January 14 – March 11
5:30 – 8:00 pm

To register, please contact
Jennifer Landis-Santos,
Alexandria Community Services Board
Student Assistance Counselor at 571-289-4546
Or jennifer.landis@alexandriava.gov

**Two participating families
will win a \$50 Visa gift card!**



Dinner and childcare are included free!