



Positive Parenting 2019

April 11 - June 13
Sept. 12 - Nov. 21

FREE

10-week series, Thursdays, 9-11 a.m.

Fleet & Family Support Center
Bldg. 1099 (G), Tautog Circle,
NBK Bangor

Course designed for parents with children of all ages. Introduces discipline techniques and ideas that enhance children's self-esteem and promotes better relationships between parents and children.

Call the Fleet & Family Support Center at 360-396-4115 to register or for more information.

Learn specific techniques to avoid hassles with fighting, eating, chores, motivation, homework and sharing.

