



PEACE AT HOME
PARENTING SOLUTIONS

FREE ONLINE PARENTING CLASSES

>> Reduce Family Stress >> Get Kids to **Listen** and **Cooperate** >> Build Strong Connections
Without Raising Your Voice!

Register At: PeaceAtHomeParenting.com
Use FREE Discount Code: TOWNPEACE2018

Recordings of all live classes are made available within 48 hours of the scheduled class time.

LIVE ONLINE CLASSES, March – April 2018			
How to Take the Stress Out of Parenting <i>For all parents</i>	Mar. 12 8:15 PM	Apr. 5 12:00 PM	
Positive Discipline for Peace at Home <i>For parents of children ages 2 – 12</i>	Mar. 13 5:30 PM	Mar. 27 5:15 PM	Apr. 10 12:00 PM
How to Talk so Your Child with ADHD or Autism Will Listen <i>For parents of children ages 2 – 12</i>	Mar. 13 8:15 PM		
Raising Happy Children: Optimism and Resilience <i>For parents of children ages 2 – 12</i>	Mar. 15 8:15 PM		
Talking to Teens: Communication for Connection & Safety <i>For parents of teens ages 12 – 20</i>	Mar. 20 8:15 PM		
Sibling Connections for Young Children <i>For parents of infants and toddlers</i>	Mar. 22 12:00 PM		
Surviving to Thriving <i>For parents of children with anxiety, depression, or other internalizing challenges</i>	Mar. 26 8:00 PM	Apr. 23 8:00 PM	
What to Do if You Think Your Teen Is Abusing Substances <i>For parents of teens ages 12 – 20, who may be using drugs and alcohol</i>	Apr. 16 8:15 PM		
Support Your Anxious Child <i>For parents of children ages 2 – 12</i>	Apr. 17 12:00 PM		
EAT PLAY SLEEP: Help Infants & Toddlers Grow in Positive Ways <i>For parents of infants and toddlers</i>	Apr. 19 12:00 PM		
CLASS RECORDINGS <i>(check the website for more titles!)</i>			
School Success: Inspire Motivation	Emotional Intelligence	Mindfulness & Parenting	
Money & Kids	Self-Regulation: Teach & Model	Blended Families	
Be Your Child's Calm Center	ABC's of Toilet Training	Routines & Family Meetings	

A full list of live online classes and class recordings is available at www.PeaceAtHomeParenting.com.

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join a private Facebook group to connect with other parents working on similar issues. Teachers are available to comment and answer questions.
BONUS: Participants have access to a free monthly Q&A session at which teachers provide follow-up and guidance as parents apply new approaches. Upcoming Q&A Sessions: March 5 at 8:15 PM, April 4 at 8:15 PM, & May 1 at 12:00 PM.

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