

Is your child spending too much time in “time out?”
Are you worried that you are too strict or too easy?
Do you sometimes think there must be a better way?



Positive Parenting

Therapeutic Learning and Support Groups

for parents, stepparents, grandparents, foster parents and other caregivers.

In an atmosphere of safety and support, participants will learn about parenting skills and about themselves through therapeutic group learning and support.

Fee: \$175/person, may be covered by insurance.

Some reduced fees available for those in need at this time.

**Individual assessment and registration required. To learn more, please contact:
Ruth Freeman, LCSW at 860 933-1371 or email PositiveParent@earthlink.net**



Why do so many parents keep doing things to their kids that don't help and may hurt?

1. Sometimes parents don't know what else they can do to help children behave better.
2. Sometimes parents can't use what they know because their brains are in “emergency mode.”

Learn how to help children behave better

Positive Parent Support Groups will provide you with simple, proven methods of improving your child's behavior, as well as strengthening your child's self-worth and your parent-child connection at the same time.



Learn about yourself as a parent

Your own childhood experiences affect how you parent and how your brain works. Parents often feel too much “toxic stress” in their everyday lives. Positive Parent Support Groups will help you learn more about how to calm down and increase your connection to yourself and your family.

Fall Groups Now Forming – Spaces Limited

Mondays in Woodstock, 6:45 – 8:15 pm
November 14 – December 12, 2011
Therapeutic Enterprises, 602 Route 169

Tuesdays in Storrs, 6:00 – 7:30 pm
November 15 – December 13, 2011
Suite 11, 1733 Storrs Road, Holiday Mall Courtyard

Wednesdays in Willimantic, 9:30 – 11:00 am,
November 16 – December 14, 2011
First Congregational Church, 199 Valley Street

Thursdays in Coventry, 10:30 am – 12 noon,
November 10 – December 15, 2011 (except 11/24)
Human Growth Services (HUGS), 32 Church Lane

POSITIVE PARENTING for peace at home and success in school
Ruth Ettenberg Freeman, LCSW & Joe L. Freeman, MDiv, LCSW

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