

# Challenges of Parenting in the 21st Century

## *Parent Workshops*

Killingly Public Library  
*Community Room*

Tuesdays, 11 AM-12 noon

Light refreshments offered

### Topics:

- October 18: Bullying Part 1: Effects on children
- October 25: Bullying Part 2: Bully proofing your child
- November 1: Effects of social media on your child's development
- November 15: Parent Self Care: stress management techniques
- November 22: Self-Esteem: Helping your child develop healthy self-esteem
- November 29: Effective Communication Strategies: communication styles and techniques for talking with your child

Registration is encouraged due to limited seating



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Natchaug  
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These FREE workshops are sponsored by the Joshua Center Northeast,  
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Helping people find their way