



# Positive Parenting

Presented by Natchaug Hospital

In a relaxed and supportive atmosphere, parents discuss behavior challenges and learn effective, research-based methods of communication and discipline. Parents will learn to use positive reinforcement to successfully change behavior while improving their relationship with their child. Parents can expect to see the following outcomes in their children:

- Improved Self-Esteem
- Increased Cooperation
- Improved Family Atmosphere
- Improved Parent-Child Communication

*~These courses are provided free of charge courtesy of Natchaug Hospital~*

## **2010-2011 Schedule**

Parenting Children and Teens

**Mondays** 6:00pm – 8:00pm

September 13<sup>th</sup> – October 25<sup>th</sup>, 2010

November 8<sup>th</sup>, - December 13<sup>th</sup>, 2010

January 24<sup>th</sup> – March 7<sup>th</sup>, 2011

May 2<sup>nd</sup> – June 13<sup>th</sup>, 2011

**LOCATION:** Natchaug Hospital, 189 Storrs Road, Mansfield Center, CT 06250

**TO REGISTER:** Call Joe Freeman, LCSW at (860) 456-1311, ext. 337

Single parents, grandparents, foster parents and other caregivers are welcomed.  
Couples are encouraged to attend together.

More information about Natchaug Hospital is available from our website at  
**[www.natchaug.org](http://www.natchaug.org)**,  
or call (860) 456-1311 or (800) 426-7792