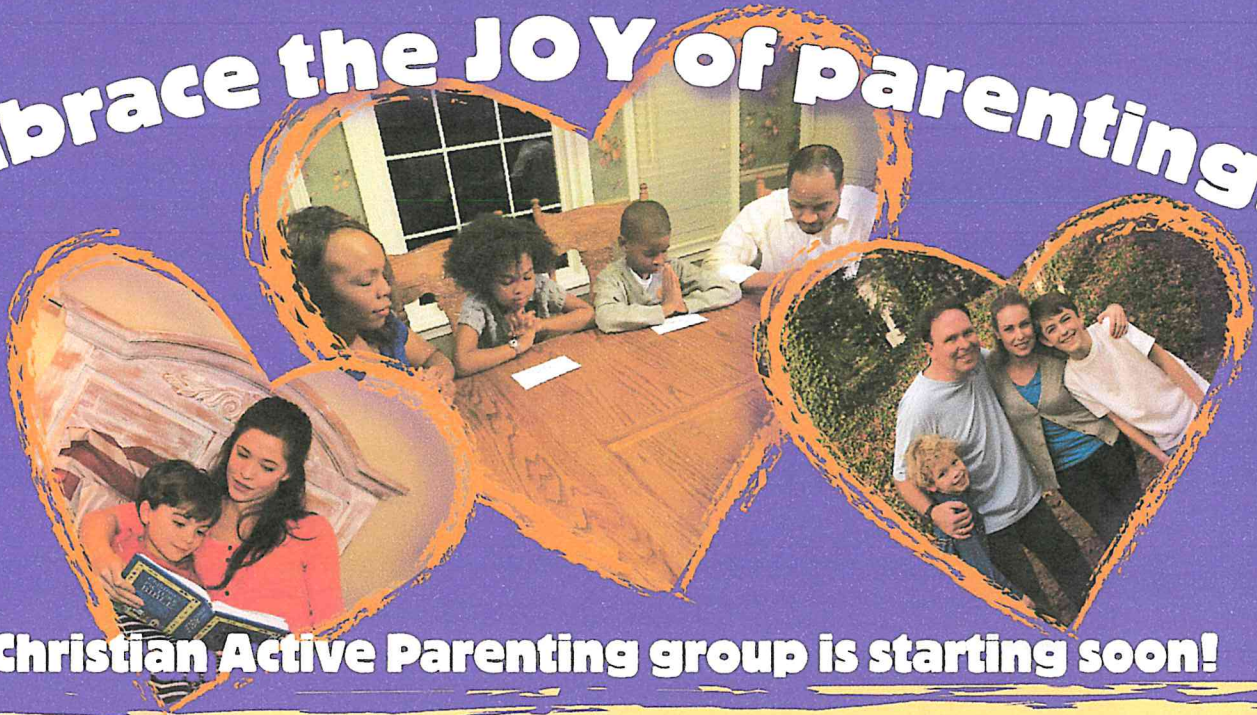


Embrace the JOY of parenting.



A Christian Active Parenting group is starting soon!

We are proud to bring the new **Christian Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline guided by God's love
- open up lines of communication—before they get clogged
- build a solid foundation of character for the upcoming teen years and beyond
- encourage school success in 7 smart ways
- overcome anger through the word of God
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

Sign up today!

For more information and sample videos, go to www.ActiveParenting.com/CAP-parents.

- **C**hristian Active Parenting combines the best in proven parenting skills
- with the wisdom of the Christian faith to help you achieve a fuller,
- more satisfying family life as you raise children of joy, character, and
- a living faith. The Active Parenting model focuses on encouragement,
- communication, and non-violent discipline. Incorporating Scripture,
- Christian family scenarios, and commentary on faith issues, *Christian*
- *Active Parenting* guides parents to integrate their faith into parenting and
- watch their families thrive.

The heart of the matter is the increased JOY you will experience as a family. Since 1983, over three million parents have learned from Active Parenting's dynamic, entertaining, and powerful video and discussion programs—and now, so can you!



A video & discussion program for parents of children ages 5 to 12

Date: Once a Month, see Page 2

Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.

Sponsored by: St. Mary's Religious Education and Parenting Offices

Location: Religious Education Center

To register, contact: Catherine Cwiakala

Phone: 845-896-6400

E-mail: ccwiakala@yahoo.com

Other details: Please see Page 2



By Michael H. Popkin, Ph.D., Melody F. Popkin, and Sue Allen, M.A.

For Christian families with children ages 5 to 15

SESSION I - The Active Parent

Wednesday, September 26, 2018

- Styles of parenting
- Brain development in children
- The method of choice

SESSION II - Cooperation & Communication

Wednesday, October 24, 2018

- Who owns the problem?
- Active communication
- Feelings, empathy & problem-solving
- Introducing Bible reading to your kids

SESSION III - Responsibility & Discipline

– part 1

Wednesday, November 28, 2018

- Effective, non-violent discipline guided by God's love
- "I" messages

SESSION IV - Responsibility & Discipline

– part 2

Wednesday, January 23, 2019

- Logical consequences
- **Time: 4:15 to 5:45 or 6:00 to 7:30 p.m.**
- **Fee: First Session Free then \$5.00 per session, waived if needed.**
- **Books available at St. Mary's Parish Office and Religious Education Center.**

SESSION V - Building Courage & Self-Esteem

Wednesday, February 20, 2019

- The Think-Feel-Do Cycle
- The power of encouragement
- Courage and self-esteem
- The Biblical tradition of encouragement

SESSION VI - Understanding and Redirecting Misbehavior

Wednesday, March 27, 2019

- Why children misbehave
- Eliminating power struggles
- Overcoming anger through the word of God
- Problem-solving with FLAC

SESSION VII - Active Parenting for Unity and School Success

April 24, 2019

- 7 Smart Things for School Success
- Structuring homework time
- Christian influences in your child's life
- Tobacco, alcohol, and other drugs
- Family talks
- **No Program in December.**
- **Option to attend as many sessions as you wish.**
- **Facilitator: Catherine Cwiakala**