

ACTIVE PARENTING WORKSHOPS

What is Active Parenting?

- Active Parenting is a parenting education program that is specifically designed for parents and/or guardians of children from early childhood through late teens who want to improve their parenting skills and child's behavior.

Workshops will discuss different topics each week such as:

- Self-Care
- Positive and negative approaches to behaviors
- The importance of relationship building through family enrichment activities

Dates:

- March 6, 2023
- March 13, 2023
- March 20, 2023
- April 3, 2023
- April 10, 2023
- April 17, 2023

Time:

- 5:30-7:30pm



Location:

Colonial Heights Community Center
157 Roanoke Ave, Colonial Heights, VA 23834

Cost: \$2 per session

Reserve your spot by contacting Yvette Hawthorne
804.520.9289
hawthorne@colonialheightsva.gov
or sign up at
<https://secure.rec1.com/VA/colonial-heights-va/catalog>