



**Coordinated Family/Community Engagement
& CHP Family Network presents**



PARENT WORKSHOP SERIES

FREE

**Location: Community Health Programs, Inc. campus
444 Stockbridge Road, Great Barrington**

Workshops held in the community room of the Administrative offices
Pre-registered childcare held in the Family Services building playground

Registration appreciated, 413-464-5095 or southberkshirekids@gmail.com

Tuesday, October 9th 6:30pm

KEEPING YOUR CHILD IN MIND by Claudia M. Gold, MD

Explore parenting strategies presented in her book by the same name. Parents learning “how to be” with their children rather than “what to do”. Creating a home-life in which children learn to recognize and manage their emotions, think more clearly and adapt to a complex social world.

Tuesday, November 13th 6:30pm

CHILDREN’S RIVALRY by Scott Noyes

Learn how to help children with rivalry, competition, resentment, envy and conflict. Topics in this session: competition for parent’s attention, and the other side of each rivalry story, the role of active listening, working with feelings, parental fairness, labeling problem children, and how to help when children are fighting.

Tuesday, January 8th 6:30pm

CHILDREN’S HEALTH led by Lara Setti, MD

Keeping your child healthy is a big job! Hear all about taking care of your child’s body from teeth to toes. A panel of pediatric and family health providers answer your questions.

Tuesday, February 5th 6:30pm

DON’T POP YOUR CORK by Jeanine Fitzgerald

No matter how much we love children or how fulfilling we find caring for them, it is difficult and demanding work. There are no cookbook recipes for raising happy children. Nor are there mandates that require us to take care of ourselves. Explore ways to NTN (*nurture the nurturer*), not TNT (*burn them out and blow them up*). Creating wellness in life for the whole family.

Childcare is available but space is limited & pre-registration must be confirmed.

This series is funded by the Department of Early Education & Care (CEU =.05)

www.SouthBerkshireKids.org



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