

**CALLING ALL PARENTS, STEPPARENTS AND CAREGIVERS!
SPRING 2012 CALENDAR**



To register for any of the workshops or groups listed below, please call The Family Service Association at 607 432-2870. Child care, refreshments and limited help with transportation will be provided for each workshop. A door prize is given out at the end of each workshop. Each group is limited to 15 people, so call and reserve your spot today!

<u>DATE AND TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
Thursday morning March 1 st 9:30 a.m. to 12:00 p.m. or Wednesday evening March 7 th 6:00 p.m. to 8:00 p.m.	<u>EXTREME COUPONING</u>	First United Methodist Church 66 Chestnut Street Oneonta, New York

Tabitha Chase will join us for this one session workshop. She will present Information and strategies that can be used to save money at the supermarket. Each participant will take home a notebook that will help them get started. Come and learn how to leave the supermarket with more money in your pocket!

Thursday mornings March 15 th and March 22 nd 9:30 a.m. to 12:00 p.m.	<u>CHILDRENS GROWTH AND DEVELOPMENT</u>	First United Methodist Church 66 Chestnut Street Oneonta, New York
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Is it normal for my two year old to say "no" all the time? And why does my thirteen year old sometimes act like a three year old again? In these two sessions we will discuss childrens growth and development.



Thursday mornings April 5 th and 19 th 9:30 a.m. to 12:00 p.m.	<u>PUNISHMENT OR DISCIPLINE</u>	First United Methodist Church 66 Chestnut Street Oneonta, New York
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Is there a difference between punishment and discipline? Which works best? Join us as we look at the differences between the two and discuss what works best with children of all ages.

Wednesday evenings 6:00 p.m. to 8:00 p.m. April 18 th and 25 th and May 2 nd and 9 th	<u>KIDS IN THE MIDDLE</u>	First United Methodist Church 66 Chestnut Street Oneonta, New York
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KIDS IN THE MIDDLE is a four session program that addresses the needs of single parents and caregivers, people who are co-parenting, and the children in their lives. We will look at: stumbling blocks to effective co-parenting, where support comes from, and the needs of children when they spend their time with parents and caregivers in one or more households.

Thursday mornings 9:30 a.m. to 12:00 p.m. May 3 rd and 10 th	<u>SETTING GOALS FOR MY FAMILY AND MYSELF</u>	First United Methodist Church 66 Chestnut Street Oneonta, New York
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SETTING GOALS FOR MY FAMILY AND MYSELF is being offered two Thursday mornings. . Group participants will identify goals that they might like to pursue in their lives and in their roles as parents and caretakers. Goals will be written down and each person will have the opportunity to identify the steps they need to take to reach their goals. Join us for either the evening sessions or the morning sessions.

Thursday morning
May 24th
9:30 a.m. to 12:00 p.m.

SELF ESTEEM

First United Methodist Church
66 Chestnut Street
Oneonta, New York

People with high self esteem feel good about themselves and they are more successful Than people with low self esteem. Parents and caregivers can do a lot to increase their children’s self confidence and feelings of self-worth. Join us as we discuss ideas for things parents can say and do that will help their kids develop a sense of good self esteem.



PARENTS AND KIDS TOGETHER: Lori Bailey of Mothers and Babies Perinatal Network is interested in bringing parents and their pre-teens and/or teenagers together to address important issues. Possible dates are Wednesday evenings May 23rd and 30th and June 6th and 13th. Possible topics are as follows:

BULLYING: the topic of cyber-bullying will be addressed as well as ideas for what to do about it.

EXPLORING HEALTHY RELATIONSHIPS: the keys to a healthy relationship will be discussed as well as how relationships at home influence other relationships.



BETTER COMMUNICATION: this workshop will help to build better communication between parent and child. Each workshop will focus on one of the three topics.

There will be discussion and hands on activities that parents and kids will do together. If this is something you and your pre-teen or teenage son or daughter are interested in, please call us so that we can start setting these one session workshops up. Also, if there are other topics you think would be interested in, please let us know.

Other parenting information: resources that may be offering groups for parents and caregivers include the following:

1. The Family Resource Network (FRN) also offers programs for parents and caregivers. They are located at 46 Oneida Street in Oneonta. For more information about their programs, call the Family Resource Network at (607) 432-0001 or (800) 305-8814.
2. Catholic Charities hosts videoconferences on topics that may be of interest to child care providers as well as parents and caretakers. For more information on these videoconferences, call Catholic Charities at 432-0061.

*Parenting Resource Center/The/Family Services Association
277 Chestnut Street
Oneonta, New York 13820
(607) 432-2870*

If you can supply us with your e-mail address, we can e-mail future calendars to you.....THANKS!!
We hope to hear from you soon!

